

Recycle After June



# HERNDON

## PROGRAMS & EVENTS GUIDE

From Aquatics To Zumba, Our Guide Has Something For Every Age And Every Interest.



SPRING  
2011



[www.herndon-va.gov](http://www.herndon-va.gov)

# HOURS & FEES



## Herndon Community Center Hours

**Monday-Friday .....6am-9:30pm**

**Saturday & Sunday.....7am-6pm**

*Daylight Savings Time Begins March 14.*

*No admittance after 9:30pm.*

*The building closes at 10pm.*

### Holiday Hours

**Easter Sunday**

**April 24 .....11am-6pm**

**Memorial Day Weekend**

**May 28-29 .....Regular Hours**

**Memorial Day**

**May 30 .....Office Closed**

## Parks & Recreation Office Hours

**Monday-Friday .....8:30am-5:30pm**

**Office Closed**

**May 30**

## Address

**Herndon Community Center**  
**814 Ferndale Avenue**  
**Herndon, VA 20170**

## Phone

**703-787-7300**

**Fax**

**703-318-8652**

**Hearing Impaired Relay**

**1-800-828-1120 TDD**

## Website:

<http://herndon-va.gov>

Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

## Community Center Fees

The discount pass and daily admission fee for the facility include use of the pool, gymnasium (age 12 & older)<sup>1</sup> and the fitness room (age 16 & older)<sup>2</sup>, as available, and admission to any regularly scheduled land aerobics class (see class schedule on page 13.)

- Annual and 6-Month Pass Holders are entitled to one session with a fitness trainer. See Fitness Staff for details.

- Annual Pass Holders receive a 10% discount on all classes (except those classes meeting one time).

All admissions and passes are nonrefundable.

**Note:** Youth are those age 17 & under. Seniors are those age 65 & older by December 31, 2010. Children under age 2 are admitted free with a paying adult. **Pool use:** Children age 8 & under must be accompanied by an adult. Children age 5 & under must be with a parent in the water.

**Gymnasium use<sup>1</sup>:** Youth must be age 12 or older. During weekend Youth Open Gym, children ages 8-11 may use the gym when accompanied by a paying adult. **Fitness room use<sup>2</sup>:** Children ages 12-16 must have a Youth Fitness Pass. Ages 12-14 must be accompanied by an adult.

**Locker room use:** Children age 5 & under are permitted in dressing rooms of opposite sex. Family locker rooms designated for parents and children over age 5 are located within the guard office.

On weekend mornings until noon, the pool is only open to lap swimmers (age 13 & up) and scheduled group swimming lessons.

## 37th Annual Volunteer Week April 18-22, 2011

Thanks to each and every volunteer who has helped make this year special for someone else in the Herndon Community.

## Admissions and Passes

\*TOH-resident rate requires ID with address for every transaction.

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adult .....	\$5.50/\$6.50
Senior .....	\$4.50/\$5.75
Youth .....	\$5/\$5.25

25-Admission Pass	TOH/NR
Full Use .....	\$111/\$154
Senior .....	\$83/\$127
Youth .....	\$89/\$96

Monthly 30-Day Pass	TOH/NR
Adult .....	\$48/\$64
Adult 2-Person Married .....	\$76/\$101
Single Senior .....	\$34/\$56
Senior 2-Person Married .....	\$53/\$88
Senior 2-Person Married Sr/Non Sr....	\$65/\$92
Youth .....	\$43/\$56
Dependent Youth (with paid adult pass) ..	\$12/\$16

6-Month Pass <sup>1</sup>	TOH/NR
Adult .....	\$240/\$320
Adult 2-Person Married .....	\$377/\$502
Single Senior/Youth .....	\$197/\$281
Senior 2-Person Married .....	\$309/\$442
Senior 2-Person Married Sr/Non Sr.....	\$342/\$459
Dependent Youth (with paid adult pass) ..	\$60/\$80

Annual Pass <sup>1, 2</sup>	TOH/NR
Adult .....	\$431/\$575
Adult 2-Person Married .....	\$678/\$903
Single Senior/Youth .....	\$302/\$506
Senior 2-Person Married .....	\$474/\$795
Senior 2-Person Married Sr/Non Sr.....	\$575/\$825
Dependent Youth (with paid adult pass) ..	\$107/\$143

<sup>1</sup> Annual and 6-month Pass Holders entitled to one session with a fitness trainer.

<sup>2</sup> Annual pass holders receive a 10% discount on classes (except those meeting one time).



A Nationally Accredited Agency Since 2006  
"Herndon is Meeting and Exceeding National Standards in P & R Administration"

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## Herndon Parks and Recreation Department Sponsors

The following companies are being recognized for supporting our department programs and events.

### A special thanks to:

**Platinum:** Virginia Paving

**Silver:** TD Bank

**Bronze:** Gutter Helmet and Northwest Federal Credit Union

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at **703-435-6800 x2104**.

## Racquetball, Badminton, Table Tennis & Wallyball

### Prime Time Hours

Monday-Friday, 4-10pm, Saturday and Sunday, 7am-2pm.

*Badminton and Wallyball rentals are for two hours. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in 1 hour segments.*

### Prime Time

\$4.50 per hour + racquetball and badminton admission fee per player.  
\$4 per hour wallyball.

### Non-Prime Time

\$2.50 per hour + racquetball and badminton admission fee per player.  
\$2 per hour wallyball.

## Registration Dates

- Registration for all Town of Herndon residents will open at 10am on Wednesday, February 16.
- Registration for all Non-Town of Herndon residents will open at 10am on Tuesday, February 22.

Starting on these dates, you will be able to register online, or in person **ONLY** for the Spring 2011 registration.

Please see "Registration Information" on pages 30 and 31 for more information.

## Gift Certificates

A gift certificate to the Herndon Community Center is a welcome gift for all ages, and can be used for passes, classes, the fitness center, racquetball, swimming, performing arts events and trips. Purchase gift certificates in any amount at the Herndon Community Center, or by phone (**703-787-7300**) with a credit card.

## Herndon Community Center Preschool

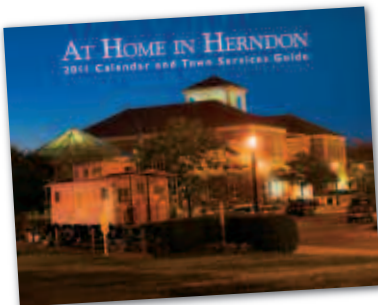
One of Herndon's best-kept secrets is our preschool program for ages 3-5. The program follows the Fairfax County school year. You are welcome to stop by and visit our preschool program. For more information, call **703-787-7300**.

## Inclement Weather Policy

Decision on outdoor programs will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Please call the HCC Weather Line for program/class cancellations at **703-435-6866**.

## Mission Statement

"Promoting a sense of community and enriching the quality of life." The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.



## 2012 Herndon Town Calendar Photography Competition

Competition finalists will be invited to exhibit in the Post Gallery at ArtSpace Herndon in early May. Photos selected for exhibition may then be chosen to be featured in the 2012 "At Home in Herndon" Calendar and Town Services Guide, distributed to all town citizens and businesses.

For more information and contest rules, visit ArtSpace at [www.artspaceherndon.com](http://www.artspaceherndon.com) or the Council for the Arts of Herndon at [www.herndonarts.org](http://www.herndonarts.org).



ArtSpace Herndon and the Council for the Arts of Herndon invite photographers to participate in the 2012 Herndon Town Calendar Photography Competition. The competition is open to photographers aged 16 or older. Photograph subjects must be within the corporate limits of the Town of Herndon, and special consideration will be given to photographs that depict seasonal or community events.



# AQUATICS



No Classes April 18-24,  
May 28-30, and June 5

## Wacky Wednesday Age 5 & under

Come join us in the pool for great fun and games for the younger crowd. Children not enrolled in full-day school programs (kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult in the water) and filled with our wacky water toys.

Wednesdays, 1-3pm  
\$5 parent/child  
\$2 each additional child

Seniors can visit the pool  
for a reduced rate of \$2 all  
day Tuesdays!

The pool is open only to lap  
swimmers ages 13 and up and  
scheduled swim lessons on  
Saturday and Sunday mornings  
until noon.

## Aquatics Classes Make-up Policy

Classes cancelled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the make-up class.

## Preschool Aquatics

**ATTENTION:** Parents please read class requirements and descriptions carefully to ensure you are enrolling your child into the appropriate level class. If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. Children should be practicing skills learned in a class or they may lose their proficiency to demonstrate the required skills. It is better to repeat a course to strengthen skills than place a child in a class over their level.

## Swimming Guidelines

**Starfish** No experience necessary but must be able to:

- Separate from parent
- Follow directions in a group setting

**Seahorse** Successful completion of Starfish or ability to:

- Put face in the water 5 seconds
- Blow bubbles
- Assisted front glide w/ kick 6 feet
- Walk in chest deep water
- Float on front and back with assistance 5 seconds
- Roll over front to back with assistance

**Otters** Successful completion of Seahorse or ability to:

- Float on front and back independently
- Jump to instructor and return to the side
- Retrieve objects in shallow water
- Roll over from front to back
- Tread water for 5 seconds with arms and legs
- Swim with arm stroke and kick on front and back 5 yards

**Manatees** Successful completion of Otter or ability to:

- Jump in 12 feet and return to side without assistance
- Front crawl 10 yards with side breathing
- Elementary backstroke 10 yards
- Butterfly kick

- Sitting/kneeling dives
- Tread water for 15 seconds in deep water

**Sharks** Successful completion of Manatees or ability to:

- Front crawl 20 yards with rotary breathing
- Elementary backstroke 20 yards
- Back crawl 10 yards
- Breaststroke 10 yards
- Butterfly 10 yards
- Tread water for 1 minute in deep water
- Compact and stride dives

**Level 1** No experience necessary but:

- Must be able to participate in group setting

**Level 2** Successful completion of Level 1 or the ability to:

- Face in water and blow bubbles 5 seconds
- Submerge face and pick up item
- Float on front and back with assistance
- Kick and paddle on front and back using barbells

**Level 3** Successful completion of Level 2 or the ability to:

- Float on front and back independently
- Roll over from front to back
- Tread water for 15 seconds
- Combined stroke front and back 5 yards

**Level 4** Successful completion of Level 3 or the ability to:

- Front crawl with rotary breathing 15 yards
- Back crawl and elementary backstroke 15 yards
- Jump into deep water and swim 15 yards
- Kneeling dive
- Tread water 30 seconds in deep water
- Scissor kick 10 yards

**Level 5** Successful completion of Level 4 or the ability to:

- Tread water 2 minutes
- Front crawl 25 yards with rotary breathing
- Back crawl 15 yards
- Breaststroke 15 yards
- Butterfly 15 yards
- Elementary backstroke 25 yards
- Sidestroke 15 yards
- Compact stride dive and open turn



# AQUATICS

**Level 6** Successful completion of Level 5 or the ability to:

- Tread water 5 minutes
- Front crawl stroke 50 yards with rotary breathing
- Back crawl 25 yards
- Breaststroke 25 yards
- Butterfly 25 yards
- Elementary backstroke 50 yards
- Sidestroke 25 yards
- Front and back flip turns
- Long shallow dive, tuck and pike surface dives

## Diving Guidelines

**Introduction to Diving** No previous diving experience necessary but must be able to:

- Be comfortable in deep water
- Swim 25 yards

**Diving 1** Successful completion of Introduction to Diving or the ability to:

- Be comfortable in deep water
- Swim 25 yards
- Dive head first from side of pool

**Diving 2** Successful completion of Diving 1 or the ability to:

- Swim 25 yards
- Forward approach of 3 steps, hurdle and tuck dive
- Instructor permission recommended

**Diving 3** Instructor permission and successful completion of Diving 2 or the ability to:

- Compete on a dive team
- Swim 25 yards
- Forward optional dives (flips)
- Back and inward dives
- Instructor permission required



Come and play on  
"Swampson," the floating alligator  
on Saturdays from 1-4pm, or the  
slide on Sundays from 1-4pm!

## Aquatots Age 6-18 months

Instructor works closely with parent in helping infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

*Swim with parent*

8, 25 minute sessions TOH \$58/NR \$72

### March 7-March 30

4011.101 M/W 10:30-10:55am

### April 4-May 4

4011.102 M/W 10:30-10:55am

### May 16-June 13

4011.103 M/W 10:30-10:55am

6, 25 minute sessions TOH \$45/NR \$55

### March 12-April 16

4011.604 Sa 9:30-9:55am

### April 30-June 11

4011.605 Sa 9:30-9:55am

## Guppies Age 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at legs and waistband.

*Swim with parent*

8, 25 minute sessions TOH \$58/NR \$72

### March 7-March 30

4012.101 M/W 10-10:25am

### April 4-May 4

4012.102 M/W 10-10:25am

### May 16-June 13

4012.103 M/W 10-10:25am

6, 25 minute sessions TOH \$45/NR \$55

### March 11-April 15

4012.507 F 11-11:25am

### May 6-June 10

4012.510 F 11-11:25am

### March 12-April 16

4012.608 Sa 10-10:25am

4012.612 Sa 10:30-10:55am

### April 30-June 11

4012.611 Sa 10-10:25am

4012.613 Sa 10:30-10:55am

## Minnows Age 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our

Guppies, but are hesitant to separate from the parent. Skills that are taught include: breath control, floating on front and back, and kicking.

*Swim with parent*

8, 25 minute sessions TOH \$58/NR \$72

### March 8-March 31

4018.201 T/Th 9:30-9:55am

### April 5-May 5

4018.202 T/Th 9:30-9:55am

### May 17-June 9

4018.203 T/Th 9:30-9:55am

6, 25 minute sessions TOH \$45/NR \$55

### March 12-April 16

4018.604 Sa 9-9:25am

### April 30-June 11

4018.605 Sa 9-9:25am

## Starfish Age 3-6

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. *Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.*

*Child's first water experience without parent*

8, 25 minute sessions TOH \$58/NR \$72

### March 7-March 30

4013.101 M/W 9:30-9:55am

4013.102 M/W 10:30-10:55am

4013.103 M/W 6:30-6:55pm

### April 4-May 4

4013.104 M/W 9:30-9:55am

4013.105 M/W 10:30-10:55am

4013.106 M/W 6:30-6:55pm

### May 16-June 13

4013.107 M/W 9:30-9:55am

4013.108 M/W 10:30-10:55am

4013.109 M/W 6:30-6:55pm

### March 8-March 31

4013.213 T/Th 10-10:25am

4013.214 T/Th 11-11:25am

4013.215 T/Th 1-1:25pm

4013.216 T/Th 6-6:25pm

### April 5-May 5

4013.217 T/Th 10-10:25am

4013.218 T/Th 11-11:25am

4013.219 T/Th 1-1:25pm

4013.220 T/Th 6-6:25pm

### May 17-June 9

4013.221 T/Th 10-10:25am

4013.222 T/Th 11-11:25am

4013.223 T/Th 1-1:25pm

4013.224 T/Th 6-6:25pm

# AQUATICS



6, 25 minute sessions TOH \$45/NR \$55

## March 9-April 13

4013.327 W 1-1:25pm

## May 4-June 8

4013.328 W 1-1:25pm

## March 11-April 15

4013.527 F 11:30-11:55am

## May 6-June 10

4013.533 F 11:30-11:55am

## March 12-April 16

4013.628 Sa 8:30-8:55am

4013.629 Sa 9:30-9:55am

## April 30-June 11

4013.634 Sa 8:30-8:55am

4013.635 Sa 9:30-9:55am

## March 13-April 17

4013.730 Su 10-10:25am

## May 1-June 19

4013.736 Su 10-10:25am

## Seahorse Age 3-6

Seahorse students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced.

*Previous water experience*

8, 25 minute sessions TOH \$58/NR \$72

## March 7-March 30

4014.101 M/W 10-10:25am

4014.102 M/W 11-11:25am

4014.103 M/W 5:30-5:55pm

## April 4-May 4

4014.104 M/W 10-10:25am

4014.105 M/W 11-11:25am

4014.106 M/W 5:30-5:55pm

## May 16-June 13

4014.107 M/W 10-10:25am

4014.108 M/W 11-11:25am

4014.109 M/W 5:30-5:55pm

## March 8-March 31

4014.213 T/Th 10-10:25am

4014.214 T/Th 10:30-10:55am

4014.215 T/Th 11:30-11:55am

4014.216 T/Th 1:30-1:55pm

4014.217 T/Th 6:30-6:55pm

## April 5-May 5

4014.218 T/Th 10-10:25am

4014.219 T/Th 10:30-10:55am

4014.220 T/Th 11:30-11:55am

4014.221 T/Th 1:30-1:55pm

4014.222 T/Th 6:30-6:55pm

## May 17-June 9

4014.223 T/Th 10-10:25am

4014.224 T/Th 10:30-10:55am

4014.225 T/Th 11:30-11:55am

4014.226 T/Th 1:30-1:55pm

4014.227 T/Th 6:30-6:55pm

6, 25 minute sessions

## March 9-April 13

4014.328 W 10:30-10:55am

4014.329 W 1:30-1:55pm

## May 4-June 8

4014.334 W 10:30-10:55am

4014.335 W 1:30-1:55pm

## March 11-April 15

4014.530 F 12-12:25pm

## May 6-June 10

4014.536 F 12-12:25pm

## March 12-April 16

4014.631 Sa 9-9:25am

4014.632 Sa 10-10:25am

4014.633 Sa 11:30-11:55am

## April 30-June 11

4014.637 Sa 9-9:25am

4014.638 Sa 10-10:25am

4014.639 Sa 11:30-11:55am

## March 13-April 17

4014.733 Su 10:30-10:55am

## May 1-June 19

4014.739 Su 10:30-10:55am

## Otters Age 4-6

Otter students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water, and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

*Preschool swimmer*

8, 25 minute sessions TOH \$58/NR \$72

## March 7-March 30

4015.101 M/W 11-11:25am

4015.102 M/W 5-5:25pm

## April 4-May 4

4015.103 M/W 11-11:25am

4015.104 M/W 5-5:25pm

## May 16-June 13

4015.105 M/W 11-11:25am

4015.106 M/W 5-5:25pm

## March 8-March 31

4015.207 T/Th 10:30-10:55am

4015.208 T/Th 2-2:25pm

4015.209 T/Th 5:30-5:55pm

## April 5-May 5

4015.210 T/Th 10:30-10:55am

4015.211 T/Th 2-2:25pm

4015.212 T/Th 5:30-5:55pm

## May 17-June 9

4015.213 T/Th 10:30-10:55am

4015.214 T/Th 2-2:25pm

4015.215 T/Th 5:30-5:55pm

6, 25 minute sessions

## March 7-April 11

4015.116 M 9:30-9:55am

4015.118 M 2-2:25pm

TOH \$45/NR \$55

## May 2-June 13

4015.122 M 9:30-9:55am

4015.124 M 2-2:25pm

## March 9-April 13

4015.317 W 10-10:25am

4015.318 W 2-2:25pm

## May 4-June 8

4015.323 W 10-10:25am

## March 11-April 15

4015.519 F 1-1:25pm

## May 6-June 10

4015.525 F 1-1:25pm

## March 12-April 16

4015.620 Sa 10:30-10:55am

## April 30-June 11

4015.626 Sa 10:30-10:55am

## March 13-April 17

4015.721 Su 11-11:25am

## May 1-June 19

4015.727 Su 11-11:25am

## Manatees Age 4-6

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl with side breathing, and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives and basic water safety instruction.

*An advanced course for the preschool swimmer*

8, 25 minute sessions TOH \$58/NR \$72

## March 7-March 30

4016.101 M/W 9:30-9:55am

4016.102 M/W 6-6:25pm

## April 4-May 4

4016.103 M/W 9:30-9:55am

4016.104 M/W 6-6:25pm

## May 16-June 13

4016.105 M/W 9:30-9:55am

4016.106 M/W 6-6:25pm

## March 8-March 31

4016.207 T/Th 9:30-9:55am

4016.209 T/Th 5-5:25pm

## April 5-May 5

4016.210 T/Th 9:30-9:55am

4016.212 T/Th 5-5:25pm

## May 17-June 9

4016.213 T/Th 9:30-9:55am

4016.215 T/Th 5-5:25pm

6, 25 minute sessions

## March 7-April 11

4016.116 M 9-9:25am

## May 2-June 13

4016.121 M 9-9:25am

## March 9-April 13

4016.317 W 9:30-9:55am

4016.323 W 2:30-2:55pm

4015.324 W 2-2:25pm





# AQUATICS

## May 4-June 8

4016.322	W	9:30-9:55am
4016.324	W	2:30-2:55pm

## March 11-April 15

4016.518	F	12:30-12:55pm
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## May 6-June 10

4016.523	F	12:30-12:55pm
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## March 12-April 16

4016.619	Sa	11-11:25am
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## April 30-June 11

4016.624	Sa	11-11:25am
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## March 13-April 17

4016.720	Su	11:30-11:55am
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## May 1-June 19

4016.725	Su	11:30-11:55am
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## Sharks Age 4-6

To enroll in this class, students should be able to swim a distance of 20 yards of front crawl with rotary breathing and 20 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

*Must have had formal swim instruction! This is the most advanced preschool class offered.*

6, 25 minute sessions TOH \$45/NR \$55

## March 11-April 15

4017.504	F	1:30-1:55pm
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## May 6-June 10

4017.505	F	1:30-1:55pm
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## March 12-April 16

4017.601	Sa	11-11:55am
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## April 30-June 11

4017.602	Sa	11-11:55am
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## Youth Aquatics

### Level 1 Age 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute sessions TOH \$58/NR \$72

## March 7-March 30

4021.101	M/W	6-6:30pm
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## April 4-May 4

4021.102	M/W	6-6:30pm
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## May 16-June 13

4021.103	M/W	6-6:30pm
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## March 8-March 31

4021.204	T/Th	6:30-7pm
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## April 5-May 5

4021.205	T/Th	6:30-7pm
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## May 17-June 9

4021.206	T/Th	6:30-7pm
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6, 30 minute sessions

TOH \$45/NR \$55

## March 12-April 16

4021.607	Sa	11-11:30am
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## April 30-June 11

4021.609	Sa	11-11:30am
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## March 13-April 17

4021.708	Su	10-10:30am
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## May 1-June 19

4021.710	Su	10-10:30am
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## Level 2 Age 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

8, 30 minute sessions

TOH \$58/NR \$72

## March 7-March 30

4022.101	M/W	6:30-7pm
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## April 4-May 4

4022.102	M/W	6:30-7pm
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## May 16-June 13

4022.103	M/W	6:30-7pm
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## March 8-March 31

4022.204	T/Th	5:30-6pm
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## April 5-May 5

4022.205	T/Th	5:30-6pm
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## May 17-June 9

4022.206	T/Th	5:30-6pm
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6, 30 minute sessions

TOH \$45/NR \$55

## March 12-April 16

4022.608	Sa	10:30-11am
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## April 30-June 11

4022.611	Sa	10:30-11am
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## March 13-April 17

4022.709	Su	10:30-11am
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## May 1-June 19

4022.712	Su	10:30-11am
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## Level 3 Age 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of front crawl and rotary breathing, kneeling dives and basic rescue skills are taught. Butterfly and breaststroke kicks are introduced.

8, 30 minute sessions

TOH \$58/NR \$72

## March 7-March 30

4023.101	M/W	5:30-6pm
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## April 4-May 4

4023.102	M/W	5:30-6pm
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## May 16-June 13

4023.103	M/W	5:30-6pm
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## March 8-March 31

4023.204	T/Th	5-5:30pm
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## April 5-May 5

4023.205	T/Th	5-5:30pm
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## May 17-June 9

4023.206	T/Th	5-5:30pm
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6, 30 minute sessions

TOH \$45/NR \$55

## March 7-April 11

4023.107	M	4-4:30pm
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## May 2-June 13

4023.110	M	4-4:30pm
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## March 12-April 16

4023.608	Sa	10-10:30am
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## April 30-June 11

4023.611	Sa	10-10:30am
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## March 13-April 17

4023.709	Su	11-11:30am
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## May 1-June 19

4023.712	Su	11-11:30am
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## Level 4 Age 6 & up

In this Red Cross course, students will become more independent in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

8, 30 minute sessions

TOH \$58/NR \$72

## March 7-March 30

4024.101	M/W	5-5:30pm
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## April 4-May 4

4024.102	M/W	5-5:30pm
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## May 16-June 13

4024.103	M/W	5-5:30pm
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## Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

**Featuring:** party room, unlimited swimming, cake (ice cream or standard), drinks, pizza (optional), balloons and much more.

Call 703-787-7300

for information on our specialty party packages!



## DESIGN A CLASS

Have you been unable to be placed in a swim class of your choice? Do you and your friends have free time in the weekday afternoon from 12-3pm? Then it's time to "Design a Class!" Three to five swimmers are needed to schedule a group lesson on the day that fits your schedule. For more information, contact Kerstin Severin at 703-435-6800 x2128.

# AQUATICS



## March 8-March 31

4024.204 T/Th 6-6:30pm

## April 5-May 5

4024.205 T/Th 6-6:30pm

## May 17-June 9

4024.206 T/Th 6-6:30pm

6, 30 minute sessions TOH \$45/NR \$55

## March 7-April 11

4024.107 M 3:30-4pm

## May 2-June 13

4024.110 M 3:30-4pm

## March 12-April 16

4024.608 Sa 9:30-10am

## April 30-June 11

4024.611 Sa 9:30-10am

## March 13-April 17

4024.709 Su 11:30am-12pm

## May 1-June 19

4024.712 Su 11:30am-12pm

## Level 5 Age 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall when swimming laps. Deepwater work includes diving, water entries and treading.

6, 30 minute sessions TOH \$58/NR \$72

## March 7-April 11

4025.101 M 2:30-3pm

## May 2-June 13

4025.103 M 2:30-3pm

6, 45 minute sessions TOH \$67/NR \$82

## March 12-April 16

4025.602 Sa 8:45-9:30am

## April 30-June 11

4025.604 Sa 8:45-9:30am

## Level 6 Age 6 & up

This Red Cross course focuses on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for breaststroke and sidestroke are also developed.

6, 30 minute sessions TOH \$45/NR \$55

## March 7-April 11

4026.101 M 3-3:30pm

## May 2-June 13

4026.103 M 3-3:30pm

## Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant (volunteers are needed). Parents may have to go in the water if there is a lack of volunteers. Please call Kerstin Severin at (703) 435-6800 x 2128 with any questions regarding this program.

## Level 1 & 2 Age 5-16

6, 30 minute sessions TOH \$45/NR \$55

## March 11-April 15

4028.502 F 4:30-5pm

## May 6-June 10

4028.504 F 4:30-5pm

## Level 3 & 4 Age 5-16

6, 30 minute sessions TOH \$45/NR \$55

## March 11-April 15

4028.503 F 5-5:30pm

## May 6-June 10

4028.505 F 5-5:30pm

## Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great preparation for summer league swimming!

*Age 8 & under must swim 25 yards freestyle*

*without stopping*

*Age 9-12 must swim 50 yards freestyle without stopping*

*Age 12-15 must swim 50 yards freestyle and*

*25 yards backstroke without stopping*

10, 45 minute sessions TOH \$112/NR \$138

## Age 8 & under

## March 13-May 22

4027.701 Su 11:30am-12:15pm

4027.702 Su 3-3:45pm

4027.703 Su 4:30-5:15pm

## Age 9-12

## March 13-May 22

4027.704 Su 10:45-11:30am

4027.705 Su 3:45-4:30pm

4027.706 Su 5:15-6pm

## Age 12-15

## March 13-May 22

4027.707 Su 10-10:45am

## Town of Herndon Town Council

Steve J. DeBenedittis, Mayor  
Lisa C. Merkel, Vice Mayor  
Connie Haines Hutchinson, Councilmember  
Sheila A. Olem, Councilmember  
Jasbinder Singh, Councilmember  
William B. Tirrell, Councilmember  
Grace Han Wolf, Councilmember  
Arthur A. Anselene, Town Manager

## Parks & Recreation Department Staff

Cindy Roeder, Director  
Ann Marie Heiser, Deputy Director  
Lori Rowland, Office Assistant  
Wayne Thomas, Office Assistant  
Cynthia Hofstetzer, Projects Coordinator  
Jacqui Mathews, Marketing Specialist  
Kerstin Severin, Aquatic Services Manager  
Drew Kreutter, Pool Operations Manager  
Bruce Andersen, Swim Team Coach  
Kevin Breza, Aquatics Program Assistant  
Ron Tillman, Community Center Manager  
Vacant,  
Community Center Head Supervisor  
Liz Kamp, Fitness Specialist  
Jeff Burden, Personal Trainer  
Bob Hilferty, Indoor Tennis Manager  
Nancy Diecidue, Preschool Director

## Recreation Services Supervisors

Ann Hoy, Special Interest, Arts & Crafts  
Holly Popple, Performing Arts  
Dave Zakrzewski,  
Sports & Community Events  
Mike Hotze, Teens,  
Sports & Community Events

## Planning a Special Event or Meeting?

The Center can accommodate  
sit-down functions up to 375 people,  
or provide meeting space for up  
to 100, and has a warming/  
catering kitchen.

Call 703-787-7300 for information  
or to arrange a tour of our facilities.





# AQUATICS

## Diving

### Introduction to Diving

Age 5 & up

This class teaches head first entries into the water; no previous experience is needed. Students will learn standing shallow and deep dives, racing dives for swim team, and standing dives from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Red Cross Level 3 is strongly recommended.

8, 30 minute sessions TOH \$58/NR \$72

**March 8-March 31**

4035.201 T/Th 5:15-5:45pm

**May 3-May 26**

4035.202 T/Th 5:15-5:45pm

### Diving 1 Age 8 & up

This class introduces students to springboard diving. Students will learn a forward approach and hurdle, a back press, front and back fall off dives, and a forward tuck. Students must be able to dive head first from the side of the pool. Completion of Red Cross Level 4 is strongly recommended.

8, 45 minute sessions TOH \$86/NR \$106

**March 8-March 31**

4036.202 T/Th 5:45-6:30pm

**May 3-May 26**

4036.203 T/Th 5:45-6:30pm

### Diving 2/3 Age 10 & up

Refines the skills learned in Diving 1. Students will learn forward optional dives (flips), inward dives, and back dives. Students must have mastered the skills from Diving 1 and/or have a forward approach of at least 3 steps with a hurdle and a tuck dive. Instructor permission is strongly recommended.

6, 1 hour sessions TOH \$86/NR \$106

**March 7-April 11**

4037.101 M 5:30-6:30pm

**May 3-June 14**

4037.102 M 5:30-6:30pm

**March 9-April 20**

4037.201 T 7:30-8:30pm

**May 4-June 8**

4037.202 T 7:30-8:30pm

## SAFETY

### Water Safety Instructor

Age 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages from infants to adults and provides practical teaching experience. All students must be 16 years of age by the last day of class and complete a Water Safety pre-course test. Students must pick up their materials and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course! For more information or to obtain a list of the pre-course skills, please call Kerstin T. Severin at (703) 435-6800 x 2128.

1, 5 hour session, 2, 8 hour sessions and 2, 7 hour sessions TOH \$225/NR \$270 4052.301

**April 15** F 5-9pm

**April 16** Sa 8am-5pm

**April 17** Su 8am-5pm

**April 19** T 9am-5pm

**April 20** W 9am-5pm

**April 21** Th 9am-5pm

### Lifeguard Training Class

Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a pre-course test that includes: a 300 yard continuous swim consisting of 100 yards of freestyle, 100 yards of breaststroke, and 100 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only. *Students must attend all class sessions to pass this course!*

1, 2 hour session and 6, 8 hour sessions TOH \$225/NR \$270 4051.602

**April 16** Sa 12-2pm

**April 17-22** Su-F 12-8pm

6, 3.5 hour sessions and 3, 6 hour sessions TOH \$225/NR \$270 4051.701

**May 7-21** Sa 11am-5pm

**April 26-May 12** T/Th 6-9:30pm

### Lifeguard Training Challenge

Age 18 & up

This class is recertification for American Red Cross lifeguards. Students must have been a certified American Red Cross lifeguard within the past 3 years.

1, 4 hour session TOH \$102/NR \$127

**May 7**

4051.601 Sa 10am-2pm

**May 14**

4051.603 Sa 10am-2pm

### CPR for the Professional

Rescuer Age 15 & up

This class is recertification for the CPR Professional Rescuer. Students must have been a certified American Red Cross Professional Rescuer within the past year.

1, 3 hour session TOH \$52/NR \$62

**April 30**

4053.601 Sa 10am-1pm

**May 21**

4053.602 Sa 10am-1pm

## Adults

### Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and breathing skills will be taught.

6, 45 minute sessions TOH \$67/NR \$82

**March 7-April 11**

4041.101 M 7:30-8:15pm

**May 2-June 13**

4041.103 M 7:30-8:15pm

**March 12-April 16**

4041.602 Sa 10:30-11:15am

**April 30-June 11**

4041.604 Sa 10:30-11:15am

### Advanced Beginner Age 16 & up

This class is for students who have passed Adult Beginners or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke, and breaststroke. Treading water, and introduction to rotary breathing are included in this class.

# AQUATICS



6, 45 minute sessions	TOH \$67/NR \$82
<b>March 7-April 11</b>	
4042.101 M	10:45-11:30am
<b>May 2-June 13</b>	
4042.103 M	10:45-11:30am
<b>March 12-April 16</b>	
4042.602 Sa	11:15am-12pm
<b>April 30-June 11</b>	
4042.604 Sa	11:15am-12pm

## Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

6, 45 minute sessions	TOH \$67/NR \$82
<b>March 7-April 11</b>	
4043.101 M	10-10:45am
<b>May 2-June 13</b>	
4043.104 M	10-10:45am
<b>March 8-April 12</b>	
4043.202 T	7:30-8:15pm
<b>May 3-June 7</b>	
4043.205 T	7:30-8:15pm
<b>March 12-April 16</b>	
4043.603 Sa	12-12:45pm
<b>April 30-June 11</b>	
4043.606 Sa	12-12:45pm

## Fitness Swimming Age 16 & up

This class is designed to increase your physical endurance and swim distance. Students will have workouts designed to meet the current abilities of the class and to improve overall physical fitness through lap swimming. Refinement of the strokes will also be worked on along with use of the pace clock.

*Class members must be able to swim the length of the pool easily*

13, 1 hour sessions	TOH \$100/NR \$125
<b>March 7-June 13</b>	
4030.101 M	12-1pm
<b>March 8-June 7</b>	
4030.201 T	12-1pm
<b>March 9-June 8</b>	
4030.301 W	12-1pm
<b>March 10-June 9</b>	
4030.401 Th	12-1pm
<b>March 11-June 10</b>	
4030.501 F	12-1pm

## Water Workouts

### Early Bird Energizer Age 16 & up

Start your day with this fun, high intensity class that combines aerobic

intervals with effective strength moves! This workout targets fat loss, muscle building and cardio endurance. Held in deep water, participants will wear ankle cuffs to provide buoyancy and resistance while building a strong core.

*Participants must be comfortable in deep water*

26, 1 hour sessions	TOH \$184/NR \$230
<b>March 7-June 13</b>	
4049.101 M/W	6:30-7:30am

### Power Splash Age 16 & up

This is a fun and energetic class that utilizes a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total body workout incorporating circuits and intervals while using buoys, noodles and plyometrics.

*Participants need to be comfortable in deep water*

13, 1 hour sessions	TOH \$93/NR \$115
<b>March 11-June 10</b>	
4040.501 F	8-9am

### Therapeutic Water Workout

This is a low-intensity, water exercise program designed for those with chronic illnesses; i.e. arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, ambulating and strengthening.

*Rubber-soled water shoes are strongly recommended*

26, 1 hour sessions	TOH \$184/NR \$230
<b>March 9-June 17</b>	
4047.201 T/Th	10-11am

### Senior Water Aerobics

This class is an exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved.

*Rubber-soled water shoes are strongly recommended*

26, 1 hour sessions	TOH \$184/NR \$230
<b>March 8-June 16</b>	
4048.101 M/W	9-10am

13, 1 hour sessions TOH \$93/NR \$115

<b>March 11-June 10</b>	
4048.502 F	9-10am

### Water Aerobics Age 16 & up

This is the total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element, but no swimming experience is necessary. Babysitting is available during this class, please see page 13.

*Rubber-soled water shoes are strongly recommended*

26, 1 hour sessions TOH \$184/NR \$230

<b>March 8-June 9</b>	
4044.202 T/Th	9:30-10:30am

### Water Walking Age 16 & up

Jumpstart your spring fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12-ft. area!

*Rubber-soled water shoes are strongly recommended*

26, 1 hour sessions TOH \$184/NR \$230

<b>March 8-June 13</b>	
4046.101 M/W	8-9am

13, 1 hour sessions TOH \$93/NR \$115

<b>March 11-June 10</b>	
4046.502 F	8-9am

### Deep Water 1 Age 16 & up

This class offers a high-intensity, no-impact, cardiovascular challenge with an additional benefit of toning and strengthening muscles.

*No swimming skills are necessary, but participants must be comfortable in deep water*

26, 1 hour sessions TOH \$184/NR \$230

<b>March 7-June 13</b>	
4045.101 M/W	6:30-7:30pm

<b>March 8-June 9</b>	
4045.202 T/Th	8:30-9:30am

13, 1 hour sessions TOH \$93/NR \$115

<b>March 12-June 11</b>	
4045.604 Sa	8-9am

### Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

*Students must have previously taken Deep Water 1*

26, 1 hour sessions TOH \$184/NR \$230

<b>March 7-June 13</b>	
4050.105 M/W	7:30-8:30pm

<b>March 8-June 9</b>	
4050.207 T/Th	7:30-8:30am
4050.208 T/Th	6:30-7:30pm



# WELLNESS

## Gentle Yoga for Seniors

Age 55 & up

A functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

*Bring water, small pillow, mat and blanket*

12, 1 hour sessions TOH \$96/NR \$128

**March 7-May 23**

4257.204 M 10:10-11:10am

**March 9-May 25**

4257.205 W 10:10-11:10am

## Kundalini Yoga Age 16 & up

Suitable for beginners and all levels.

This yoga is an ancient system of self-healing, using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body.

*Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket*

12, 1.5 hour sessions TOH \$108/NR \$144

**March 7-May 23**

4247.207 M 7:30-9pm

**March 10-May 26**

4247.208 Th 7-8:30pm

## Hatha Yoga Age 16 & up

A combination of breathing techniques and physical postures, called "asanas," to release tension in the body and relieve stress while building strength, increasing flexibility and endurance.

*Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.*

## Beginner

12, 1.5 hour sessions TOH \$108/NR \$144

**March 13-June 12**

4247.210 Su 11:45am-1:15pm

## Intermediate

12, 1.5 hour sessions TOH \$108/NR \$144

**March 13-June 12**

4247.211 Su 1:30-3pm

12, 1 hour sessions TOH \$108/NR \$144

**March 10-May 26**

4247.212 Th 9:30-10:30am

## Feldenkrais on Rollers

**New!**

Class will attempt to make one aware of their habitual neuromuscular patterns and rigidities, and expand options for new ways of moving. You will be guided through a series of gentle movements with breathing. Styrofoam rollers will be used to restore alignment, instill body awareness, improve posture, flexibility and alleviate muscular tension and pain. Limited number of rollers available for participants to use at each class or bring your own.

12, 1 hour sessions TOH \$108/NR \$144

**March 8-May 24**

4247.214 T 6-7pm

## Meditation Age 16 & up

Have you ever wanted to try meditation? Take this opportunity to participate in a relaxing break from your chaotic morning and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with years of experience in the health care field. She uses meditation and related techniques to help you manage your stressful life.

*Wear comfortable clothing and bring a mat at least 3/16" thick or a lightweight blanket*

12, 1 hour sessions TOH \$63/NR \$84

**March 11-May 27**

4247.213 F 10:45-11:45am

**No Classes April 24 and May 28-30**

## Tai-Chi Age 16 & up

**New!**

Learn an exercise that will help you with balance, flexibility and cardiovascular fitness. A wonderful exercise for the body, mind and spirit. Experience for yourself the wonderful health benefits of doing this exercise. Tai-Chi has been shown to reduce stress and anxiety and help with mental clarity. In addition, Tai-Chi is great for improving flexibility and balance. During this class, you will learn the 24 movements of the Yang Tai-Chi style.

12, 1 hour sessions TOH \$96/NR \$128

**March 7-May 23**

4247.215 M 10:15-11:15am

## Itsy Bitsy Yoga®

As a parent do you want to gain a plethora of calming techniques, healthy activities and supportive friendships?

Itsy Bitsy Yoga is a loving, child-centered program that helps parents better understand their young children's physical development, needs and abilities through yoga. Each class is personalized around toddlers' and preschoolers' natural curiosities as they learn yoga through social interaction, repetition, and play.

## Tots Age crawling-24 months

6, 1 hour sessions TOH \$74/NR \$98

**March 8-April 12**

4211.125 T 9:30-10:30am

**May 2-June 13**

4211.127 T 9:30-10:30am

## Tyke Age 21 months-4 years

6, 1 hour sessions TOH \$74/NR \$98

**March 11-April 15**

4211.126 F 9:30-10:30am

**May 6-June 10**

4211.128 F 9:30-10:30am

## Boot Camp for Women & Men

**Dedication, Determination, Motivation and Fun!**

Beginner, Intermediate and Advanced Levels. Structured Nutrition Program Levels.

**Locations:** Check our updated listing on [www.FIResults.com](http://www.FIResults.com) or call 1-877-62SHAPE (877-627-4273) for more information.

**Guaranteed Results!**

**Held outdoors at Herndon Community Center.**

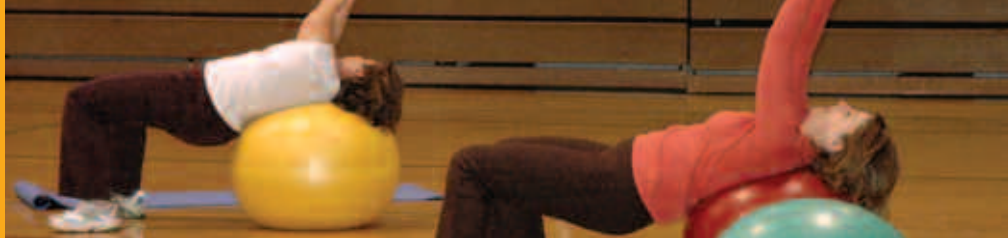
## SPRING 2011 OPEN GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-10am Adult Basketball	11:30am-2:30pm Adult Basketball		11:30am-2:30pm Adult Basketball		11:30am-2:30pm Adult Basketball	8:30-11am Badminton
11:30am-1:30pm Youth Basketball	4-5:15pm Youth Basketball	2:30-5:30pm Youth Basketball	4-5:30pm Youth Basketball	2:30-5:15pm Youth Basketball		
2-6pm Adult Volleyball	8:30-10pm Adult Basketball	7:15-10pm Adult Badminton	8:30-10pm Adult Volleyball	6:45-10pm Adult Badminton	5-10pm Open Gym/Teen Night/Kids Night Out	

**Youth = 17 years & under. Subject to change. Check monthly schedule.**



# GROUP FITNESS



Pass holders and those paying the daily admission fee are eligible to take any of our fitness and aerobics classes at no additional charge. Some classes may reach capacity or have limited specialty equipment available for drop-in students. See page 2 for details on becoming a pass holder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.



Babysitting is available during Kid Care hours. See page 13.

Please consult your doctor prior to starting any exercise program.

Exercise, Health & Fitness classes are designed for age 16 & up.

## Strength and Fitness

### Fit Moms

*\*Must register. Not part of the pass holder/walk-in admission.*

Get in shape, exercise with friends and burn calories with your tots in tow. For any mom who wants to get back into shape at any point in her life. Come pregnant, come alone or bring your children, age 4 weeks-5 years, and achieve your fitness goals in a fun family atmosphere. Class combines aerobics, strength training, core, yoga, kickboxing, dance and more! Special modifications for beginners and pregnant participants. At the end of class, children are invited to the floor for core work and stretching with Mom. No special stroller required as long as your child can sit in it for the cardio portion of class.

24, 1 hour sessions TOH \$134/NR \$178

**March 7-May 25**

4241.100 M 10-11am  
W 9:15-10:15am

### Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, and ever-changing intervals. This effective combination is heart smart, and with regular workouts, will give you a powerful, toned body.

28, 1 hour sessions TOH \$154/NR \$205

**March 7-June 13**

4241.101 M/W 9-10am

### Total Body Conditioning

A total body strength class, which includes balance, functional core stability and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga- and Pilates-based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total-body-strength workout to jump-start your metabolism!

28, 1 hour sessions TOH \$154/NR \$205

**March 8-June 13**

4241.102 M/W 6-7pm

### Body Sculpt

Use a variety of equipment and techniques to sculpt your whole body by focusing on all major muscle groups. You will build and sculpt muscles, strengthen your core, and improve your strength and flexibility, while focusing on total-body health.

28, 1 hour sessions TOH \$154/NR \$205

**March 7-June 13**

4241.103 M/W 7:10-8:10pm

### Total Body Energizer

A fun total-body workout with emphasis on combination and functional movements. This class uses weights, bars, balls and bands to work all major muscle groups from head to toe. Appropriate for those looking for a challenging workout!

14, 1 hour sessions TOH \$77/NR \$102

**March 8-June 6**

4241.104 T 7-8pm

### Amp'd Abs

Tone your abs with this challenging 30-minute workout! This class focuses on working muscles you never knew you had, while developing core strength that will support you in a wide variety of activities.

14, 1 hour sessions

TOH \$77/NR \$102

**March 9-June 8**

4241.105 W 5:25-5:55pm

### Core Challenge

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back, and hips. Modifications for beginners provided.

28, 45 minute sessions TOH \$154/NR \$205

**March 8-June 9**

4241.106 T/Th 12:15-1pm

### Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. Accommodates beginner to advanced fitness levels.

28, 1 hour sessions TOH \$154/NR \$205

**March 8-June 9**

4241.107 T/Th 11am-12pm

### Floor Aerobics Zumba Fitness

A Latino-influenced dance-style class that combines high-energy moves and dance combinations that are designed to make your workout fun, and make you feel great! No prior dance experience is necessary. Wear comfortable workout clothing and sneakers.

14, 1 hour sessions TOH \$77/NR \$102

**March 7-June 13**

4242.107 M 5:30-6:30pm

**March 8-June 7**

4242.108 T 5:45-6:45pm

4242.109 T 8:10-9:10pm

**March 10-June 9**

4242.110 Th 5:30-6:30pm

**March 10-June 9**

4242.111 Th 8:10-9:10pm

### Combination Floor and Step Aerobics Cardio/Sculpt Interval (CSI)

A cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

28, 1 hour sessions TOH \$154/NR \$205

**March 8-June 9**

4242.114 T/Th 9:30-10:30am

# GROUP FITNESS

## Step & Sculpt

Get the best of both worlds! Forty minutes of calorie-burning step, along with sculpting and strengthening your muscles, using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility. 28, 1 hour sessions TOH \$154/NR \$205

**March 8-June 9**

4242.115 T/Th 5:50-6:50pm

**March 7-June 13**

4242.116 M/W 7:15-8:15pm

## Early Bird Workouts

Designed so you can work out, shower, dress and still get to work on time. Includes locker room privileges.

## Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements. 28, 1 hour sessions TOH \$154/NR \$205

**March 7-June 13**

4244.117 M/W 6-7am

## Cardio Sculpt

An intense and fun cardio and weight training class that torches calories and builds lean muscles. Create a strong, sleek body using interval circuits and a variety of equipment, while keeping everything fresh and exciting. 28, 1 hour sessions TOH \$154/NR \$205

**March 8-June 9**

4244.118 T/Th 6-7am

## Zumba Fitness

14, 1 hour sessions TOH \$77/NR \$102

**March 9-June 8**

4244.119 W 7-8am

**March 11-June 10**

4244.120 F 7-8am

## Weekend Warriors

### Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross training shoes and come have a blast! 13, 1 hour sessions TOH \$72/NR \$96

**March 12-June 11**

4245.124 Sa 9-10am

### Zumba Fitness

13, 1 hour sessions TOH \$72/NR \$96

**March 12-June 11**

4245.125 Sa 11:30am-12:30pm

### Total Body Energizer

12, 1 hour sessions TOH \$66/NR \$88

**March 13-June 12**

4245.126 Su 9:30-10:30am

## Step & Sculpt

12, 1 hour sessions TOH \$66/NR \$88

**March 13-June 12**

4245.127 Su 11am-12pm

## Kid Care

Take advantage of the drop-off babysitting service, run by our friendly staff.

### Morning:

**Monday/Wednesday 9-11:30am;**

**Tuesday/Thursday 9am-12pm**

### Evening:

**Monday/Tuesday/Thursday 5:30-8:15pm;**

**Wednesday 5:15-8:15pm**

- \$5 for 2 hours
- \$56.25 for 15-visit punch pass
- \$75.50 for 25-visit punch pass

Children 12 months & older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch passes simplify the registration and payment process. Sorry, staff will not change diapers.

*NOTE: Parents or guardians must be registered in a HCC program or using the facility.*

Drop-ins are admitted daily on a space-available basis.

## SPRING 2011 SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7am Body Tone	6-7am Cardio Sculpt	6-7am Body Tone	6-7am Cardio Sculpt		
			7-8am Zumba		7-8am Zumba	
	9-10am Body Blaster Circuit	9:30-10:30am Cardio/Sculpt Interval	9-10am Body Blaster Circuit	9:30-10:30am Cardio/Sculpt Interval		9-10am Cardio Blast
9:30-10:30am Total Body Energizer		11am-12pm Strength & Sculpt		11am-12pm Strength & Sculpt		
11am-12pm Step & Sculpt		12:15-1pm Core Challenge		12:15-1pm Core Challenge		11:30am- 12:30pm Zumba
	5:30-6:30pm Zumba	5:45-6:45pm Zumba	5:25-5:55pm Amp'd Abs	5:30-6:30pm Zumba		
	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt		
	7:10-8:10pm Body Sculpt	7-8pm Total Body Energizer	7:10-8:10pm Body Sculpt			
	7:15-8:15pm Step & Sculpt	8:10-9:10pm Zumba	7:15-8:15pm Step & Sculpt	8:10-9:10pm Zumba		

Drop-in  
classes pay  
general  
admission

**No Classes April 24 and  
May 28-30**

**Try our Dance Exercise  
class on page 21**

# FITNESS ROOM



## Fitness Room Services

Please note: Senior Discounts do not apply to Fitness Room programs.

### Fitness Room Orientation

Get to know the Fitness Room better! The Fitness Room staff will take you through the room to introduce and demonstrate the cardio machines, free weights, Cybex equipment and other fitness equipment. Please sign up at the Fitness Room Desk.

1, 30 minute session

T

7pm

### ExpressFIT Age 12 & up **NOL**

A personalized, 30-minute total-body workout designed by one of our trainers. The trainer will develop a workout specific to your fitness goals, designed to strengthen every major muscle group in 30 minutes. ExpressFIT sets you up with a workout on file in the Fitness Room to do each time you are here.

1, 45 minute session TOH \$50/NR \$50  
4274.200

1, 1 hour session with fitness  
assessment & evaluation TOH \$75/NR \$75  
4274.201

### OsteoFIT Age 30 & up **NOL**

Whether you have osteoporosis now or are hoping to avoid it, OsteoFIT is a program to help. Research shows that exercise can prevent bone loss and, in some cases, can reverse bone loss!

There are certain exercises that have been found to promote bone density more than others. OsteoFIT is a one-on-one session with a personal trainer to teach you a workout that promotes bone density and total body strength.

1, 1 hour session TOH \$50/NR \$50  
4278.200

### Personal Training Age 14 & up **NOL**

Whether you're looking for someone to cheer you on or to push you to the limit, we can help. Each package (6 or more sessions) includes a full fitness assessment and evaluation, a detailed, custom-designed exercise regimen, and a personal trainer to be with you every step of the way!

## Personal Training Fees

### One-on-One Personal Training

	TOH Resident/Non-Resident
1, 30 minute session 4274.100	\$29/\$38
1, 45 minute session 4274.101	\$38/\$50
6, 30 minute sessions 4274.102	\$146/\$195
6, 45 minute sessions 4274.103	\$191/\$255
10, 30 minute sessions 4274.104	\$180/\$240
10, 45 minute sessions 4274.105	\$282/\$375

## Group Personal Training

**NOL**

Age 14 & up

Often, the key to sticking to a workout routine is having a workout partner to keep you on track. If you'd like to work out with a few friends, here's your chance!

## Group Personal Training Fees

	(per person rates) TOH Resident/Non-Resident
<b>2 People Training</b>	
1, 45 minute session 4274.800	\$24/\$32
8, 45 minute sessions 4274.803	\$171/\$228
<b>3-6 People Training</b>	
1, 45 minute session 4274.801	\$21/\$28
8, 45 minute sessions 4274.804	\$146/\$194

## Small Group Training Classes

### Morning Burn\* Age 16 & up

Tough strength training and cardio are keys to a good wakeup workout session. Get energized in 45 minutes! Our trainers will keep you moving between stations of strength and cardio, to get the most out of a tight schedule.

24, 45 minute sessions TOH \$149/NR \$198  
**March 8-May 26**  
4278.800 T/Th 6:30-7:15am

### Lunch Crunch\* Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Come mix it up with a total-body circuit, designed for a small group by our trainers. Workout will give you enough time to get in and out but will challenge you while you're here.

24, 50 minute sessions TOH \$149/NR \$198

**March 7-May 25**

4278.501 M/W 12:05-12:55pm

12, 50 minute sessions TOH \$74/NR \$99

**March 11-May 27**

4278.502 F 12:05-12:55pm

### Fit Boxing\* Age 18 & up

Come learn the fundamentals of the "sweet science." Learn how to jab, hook, bob and weave in a fun yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone from novice to athlete. Get ready to be in the best shape of your life after this workout.

12, 1 hour sessions TOH \$90/NR \$120

**March 7-May 23**

4278.904 M 7:30-8:30pm

**March 10-May 26**

4278.903 Th 8:30-9:30pm

### Running 101 Age 16 & up

A small group training class for new runners to prepare for the 2011 Herndon Festival 5k Race. Program includes 24 group classes with a Certified Trainer. Strength classes will be held in the Small Group Fitness Studio. Running classes will be held outdoors rain or shine. The focus of the program is to teach proper running technique, injury prevention, agility training and strength training specific to runners.

24, 1 hour sessions TOH \$153/NR \$204

12, 1 hour strength classes on Wednesdays

12, 1 hour running classes on Fridays

**March 9-May 27**

4274.400 W/F 6:10-7:10am

### CoreFIT\* Age 16 & up

Hit all of those little muscles in the core that are hard to hit with your normal workout. Through the use of body weight and some of our training toys, you'll be fit to the core before you know it. To make the most of our time, please warm up before class on your own.

12, 30 minute sessions TOH \$45/NR \$60

**March 9-May 25**

4279.504 W 7:30-8pm

**March 12-June 4 (No class 5/28)**

4279.505 Sa 9:45-10:15am

**NOL** Indicates no online registration





# FITNESS ROOM

## Six Pack Abs\* Age 16 & up **New!**

One of the most common questions around the gym is "how do I get rid of the fat on my stomach?"

We've got your answer to have visibly toned abs—you need to do intense cardio paired with abdominal strength exercises that target each abdominal muscle. Pair this tough workout with a healthy diet to see results! To make the most of our time, please warm up before class on your own.

12, 30 minute sessions TOH \$45/NR \$60  
**March 10-May 26**  
 4279.506 T 6:30-7pm

## Athletic Conditioning\*

Age 16 & up

If you like to sweat and walk away from a workout feeling like you put 100% effort in, then this is for you. We'll focus on muscle and cardiovascular endurance. The ability to work on an anaerobic level is key for athletes, so expect to be pushed to the limit.

12, 1 hour sessions TOH \$88/NR \$117  
**March 8-May 24**  
 4279.500 T 12-1pm  
 4279.501 T 8:30-9:30pm  
**March 11-May 27**  
 4279.502 F 10:30-11:30am

## Intervals for Weight Loss\*

Age 16 & up

Interval training is one of the best ways to boost your metabolism and lose weight. If your personal goal involves weight loss, join us for a low-impact interval training class.

12, 1 hour sessions TOH \$88/NR \$117  
**March 7-May 23**  
 4279.400 M 8:30-9:30pm  
**March 11-May 27**  
 4279.402 F 6-7pm

## Simply Stretch\* Age 16 & up

Stretching is the first thing that we let go when it comes to our workouts. Come and join one of our trainers for a total-body stretch session. Learn how to elongate your muscles and help them repair after a workout.

12, 30 minute sessions TOH \$45/NR \$60  
**March 8-May 24**  
 4279.100 T 9:30-10am  
**March 11-May 27**  
 4279.102 F 9:30-10am  
**March 12-June 4 (no class 5/28)**  
 4279.101 Sa 11:30am-12pm

## For Women

### Prenatal Circuit Training\*

Age 16 & up

Whether it's baby number one or number five, there is no doubt that working out while you're pregnant has endless benefits! Join us for a fun, tough and safe strength-training session. Generally, it is safe to do circuit training as long as you've worked out before pregnancy and have continued to work out with your doctor's permission. The Certified Trainer will make exercise modifications based on your due date.

12, 45 minute sessions TOH \$86/NR \$114  
**March 9-May 25**  
 4278.300 W 5:45-6:30pm  
**March 12-June 4 (no class 5/28)**  
 4278.302 Sa 10:30-11:15am

### Fit in a Flash for Women\*

Age 35-65

Has your body thrown you a curveball that only women can understand? Maybe your workouts aren't having the same effect as they used to? Fit in a Flash is a total-body-strength workout that will boost your metabolism and increase your body strength.

12, 50 minute sessions TOH \$74/NR \$99  
**March 8-May 24**  
 4278.401 T 5:30-6:20pm  
**March 10-May 26**  
 4278.402 Th 12:10-1pm

### Tough Enough for Women\*

Age 18 & up

Ever wonder what the guys are doing in Tough Enough for Men? Well, wonder no longer! Tough Enough for Women is for women looking for that extra challenge to test their mettle.

12, 1 hour sessions TOH \$88/NR \$117  
**March 10-May 26**  
 4278.902 Th 5:30-6:30pm

Kid Care is available.  
 See page 13.

See Wellness Workshops  
 on page 17

## Shape Up for Women\*

Age 18 & up

Come shape up and get toned with our workout just for women! Our female trainers know what it takes to tone a woman's body, so expect results. We'll combine cardio and strength exercises to get a complete workout with abs and stretching at the end.

24, 1 hour sessions TOH \$176/NR \$234  
**March 8-May 26**  
 4278.600 T/Th 7:30-8:30pm  
**March 7-May 25**  
 4278.603 M/W 10:30-11:30am

12, 1 hour sessions TOH \$88/NR \$117  
**March 11-May 27**  
 4278.601 F 6:15-7:15am

**March 12-June 4 (no class 5/28)**  
 4278.602 Sa 8:30-9:30am

## Small Group Training for Moms\* Age 16 & up

We know it's hard to find time for your workouts. Join us for a quick but tough workout just for moms. The workout will focus on strength with bursts of cardio to get your heart pumping. Take 45 minutes for yourself and get energized for the day.

24, 45 minute sessions TOH \$149/NR \$198  
**March 8-May 26**  
 4278.702 T/Th 10:15-11am

12, 45 minute sessions TOH \$74/NR \$99  
**March 9-May 25**  
 4278.700 W 9:45-10:30am  
**March 12-June 4 (no class 5/28)**  
 4278.701 Sa 7:45-8:30am

## Active at Any Age

### Senior Circuit\* Age 45 & up

A great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All ages and abilities are welcome. Modifications will be made for individuals with any physical restrictions.

12, 45 minute sessions TOH \$56/NR \$75  
**March 7-May 23**  
 4278.100 M 9:30-10:15am  
 4278.101 M 6:45-7:30pm  
**March 10-May 26**  
 4278.102 Th 9:30-10:15am

# FITNESS ROOM



**Balance Training** Age 45 & up  
Avoiding falls becomes increasingly important as we age. Come improve your balance through core-strengthening and posture-awareness training. The key to balance is firm footing. Although it seems second nature, proper standing posture and gait are key to preventing falls. 12, 30 minute sessions TOH \$45/NR \$60

**March 8-May 24**  
4279.103 T 11-11:30am

**March 11-May 27**  
4279.104 F 10-10:30am

## For Men

### Tough Enough for Men\*

Age 18 & up  
Take your workout to the next level. We promise you'll be pushed to your limits with this high-intensity strength workout. You'll be challenged by the strength training, and we'll get your heart pumping with bursts of cardio and agility drills between exercises. 12, 1 hour sessions TOH \$88/NR \$117

**March 9-May 25**  
4278.900 W 8-9pm

**March 11-May 27**  
4278.901 F 7-8pm

## Youth Fitness

### Youth Fitness Orientation

Age 12-16  
Ages 12-15 are required to hold a Youth Fitness Pass to use the Fitness Room. Once the youth is 16 years old, he/she does not have to carry a Youth Fitness Pass. Orientations teach proper use of the equipment, techniques and safety in the Fitness Room. You only need to successfully attend one session in order to obtain a Youth Fitness Pass. 1, 30 minute session No Fee  
T 7-7:30pm

### Introduction to Weight Lifting

Age 12-16  
Designed for adolescents who are interested in weight lifting. Learn basic exercises specific to body parts, weight lifting breathing techniques and how to track your own progress by recording your workouts. Students will earn a Youth Fitness Pass with successful completion of this course. 8, 45 minute sessions TOH \$37/NR \$46

**March 10-April 28**  
4244.100 Th 5:30-6:15pm

### Intro to Strength and Conditioning

Age 12-16  
This course is designed to lay a foundation for athletic success. Students will learn proper approach to increase strength, power, speed and stamina. Students will also learn how balance, agility and coordination can help improve performance at any level, in any sport or competition.

*Must have completed Introduction to Weight Lifting*  
8, 45 minute sessions TOH \$53/NR \$70

**March 10-April 28**  
4244.200 Th 6:30-7:15pm

### High Intensity Training (H.I.T.) for Teens\*

Age 15-18  
If your teen is bored with the same old 3 sets of 15 repetitions, then he or she needs to check out H.I.T. for Teens. This method of strength training focuses on brief-but-intense and efficient exercises. H.I.T. has a focus on strict form and proper technique to overload the muscles. 12, 45 minute sessions TOH \$86/NR \$114

**March 7-May 23**  
4244.600 M 6-6:45pm

### Girls on the Go\*

Age 12-18  
Workouts just for teen girls! Get a total-body workout with a Certified Trainer leading the group through a fun and challenging circuit. Come make new friends while being active. 24, 45 minute sessions TOH \$171/NR \$228

**March 8-May 26**  
4244.300 T/Th 4:30-5:15pm

## Gymside Walkers

**Walking – one of the best ways to stay fit – can add years to your life and life to your years. Stride for personal benefits like decreasing your risk of heart attack, helping in weight management, boosting “good” cholesterol and controlling your blood pressure. Come every weekday or just once in a while. There is no fee, but first time walkers must register.**

**M-F 7:15-9am**

### Fit Club for Kids\* Age 8-11

If your child is not participating in sports but enjoys being active, our Fit Club for Kids is just for him or her. Activities will promote teamwork, healthy lifestyles, confidence and most importantly, fun! All children that participate will receive a Fit Club for Kids T-shirt. Fit Club for Kids will be held outside, but will move inside the Herndon Community Center if it rains. 12, 45 minute sessions TOH \$86/NR \$114

**March 7-May 23**  
4244.500 M 4:30-5:15pm

## 20 Pound Challenge Age 18 & up

Challenge yourself to lose 20 pounds in 12 weeks. If you have 20 pounds or more to lose in order to reach a healthy weight (Body Mass Index of 18.5-24.9), this is your chance. By enrolling and successfully completing the program you'll earn two free 30 minute personal training sessions! This program requires a commitment to two meetings per week with the group, as well as work on your own. If you're serious about making healthy decisions and living a healthy lifestyle, then the 20 Pound Challenge is for you. Our nutritionist will give you the tools you need for success once a week. There will be a grocery store visit for the second nutrition meeting. Your second weekly class will be a fitness class provided by a fitness instructor and you will receive a fitness and nutrition log to track your progress.

24, 1 hour sessions TOH \$169/NR \$225

**March 8-May 26**  
4274.900 T/Th 6:30-7:30pm

**March 7-May 25**  
4274.904 M/W 6:30-7:30pm



# FITNESS ROOM

## **Athletic Development** **Group Training\*** Age 14-18 **New!** **Individual Training Programs** Age 12-22

This intense 90-minute workout is designed to give athletes and coaches a structured strength and conditioning option outside of school. The group is limited to six athletes to ensure individual attention from the Fitness Assistant and Trainer, Jeff Burden, CSCS. Strength training paired with agility training and injury prevention will enhance athletic performance.

12, 90 minute sessions TOH \$165/NR \$220

### **March 9-May 25**

4244.404 M 3-4:30pm  
4244.405 W 3-4:30pm

## **Team Training** Age 12-18 **New!**

The Athletic Development program offers conditioning packages for organized teams and small groups. Days and times of sessions are coordinated between coach and team. Each session is 55 minutes in length. Prices are based on a per person rate for the session (8 person minimum).

### **Level 1**

This is foundation for novice teams. Athletes gain confidence as they learn the principles of basic strength, general conditioning and dynamic flexibility.

8 sessions (1 per week) TOH \$72/NR \$96  
4244.410

16 sessions (2 per week) TOH \$122/NR \$163  
4244.411

### **Level 2**

This is the next step for the developing athlete. Athletes will focus on strength training with weights and gradual introduction to power movements such as plyometrics and Olympic lifting.

8 sessions (1 per week) TOH \$78/NR \$104  
4244.412

16 sessions (2 per week) TOH \$132/NR \$177  
4244.413

### **Level 3**

Learn sports-specific conditioning approaches that will prepare you to compete at a varsity or collegiate level. Level 3 includes a functional fitness assessment and program design template specific to your sport.

8 sessions (1 per week) TOH \$102/NR \$136  
4244.414

16 sessions (2 per week) TOH \$174/NR \$231  
4244.415

Athletic Development offers 8- and 12-session packages of 55-minute one-on-one sessions that meet the needs of athletes, from novice to collegiate. The type of training is based on the level of experience of the athlete and what his or her goals are.

### **Base**

General conditioning to build a foundation of strength, stamina and flexibility. This training is crucial for injury prevention and future success.

8, 55 minute sessions TOH \$264/NR \$352  
4274.106

12, 55 minute sessions TOH \$336/NR \$449  
4274.107

### **Development**

Continues to build on the foundation with increasingly complex training approaches that specifically focus on your sport. Includes an initial assessment to assess and target weak links that could cause injury.

8, 55 minute sessions TOH \$276/NR \$368  
4274.108

12, 55 minute sessions TOH \$352/NR \$469  
4274.109

### **Peak Performance**

A high-octane ride guaranteed to test limits. This program is recommended for athletes already competing at a high school or collegiate level. An initial assessment and two follow-ups are included to track progress.

8, 55 minute sessions TOH \$288/NR \$385  
4274.110

12, 55 minute sessions TOH \$367/NR \$489  
4274.111

\*Add a partner to your individual package!  
Package of 8 sessions TOH \$72/NR \$96  
4274.112

Package of 12 sessions TOH \$108/NR \$144  
4274.113

## **Athletic Development** **Program Design** Age 12-22

Match athletes with training approaches best suited for the demands of their sport. The session includes an easy-to-follow training template with progressions to help you improve.

1, 1 hour session TOH \$80/NR \$80  
4274.114

### **Athlete Fitness**

#### **Assessment** Age 12-22

Comprehensive athletic evaluation to identify strengths and weaknesses. Assessments are a baseline for progress measurement and a road map to success.

1, 1 hour session TOH \$60/NR \$60  
4274.115

## **Wellness Workshops**

### **Fit Females: How to Fight the Metabolism**

#### **Slow Down** Age 18 & up

On average, a woman in the United States gains 10 pounds per decade beyond 30. Come learn what foods and activities help boost your metabolism. It doesn't have to be a losing weight battle, you just need to be armed and ready.

*Must register by March 29*

1, 1 hour session TOH \$10/NR \$10

#### **April 5**

4279.112 T 6:30-7:30pm

### **My Aching Back: Stretching and Strengthening for**

#### **Pain Reduction** Age 16 & up

The majority of lower back pain can be solved with stretches and strength training. Come learn what exercises can loosen up the back and help you return to an active lifestyle.

*Must register by April 12*

1, 1 hour session TOH \$10/NR \$10

#### **April 19**

4279.113 T 6:30-7:30pm



# MARTIAL ARTS



## Fencing Age 9 & up

The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

12, 2 hour sessions TOH \$108/NR \$144  
**March 13-June 12**  
 4764.300 Su 4-6pm

## Beginning Historical Swordsmanship Age 9 & up **New!**

Explore the use of swordsmanship the way it was originally practiced as a martial art on dueling grounds and battlefields. Students practice and fence with the art of the Renaissance Rapier (the traditional dueling weapon) and the Medieval two-handed sword (the knightly European sword). Practice swords used in class are the shinai (made of bamboo) and the foil. An equipment rental fee of \$29 payable to the Virginia Academy of Fencing is due on the first day of class.

6, 1 hour sessions TOH \$36/NR \$48  
**March 10-April 14**  
 4764.301 Th 7-8pm  
**April 29-June 3**  
 4764.302 F 5:30-6:30pm

No Classes April 24 and  
 May 28-30

## Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

14, 1 hour sessions TOH \$63/NR \$84  
**March 11-June 10**  
 4767.101 F 7:05-8:05pm

## Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, its many physical benefits are: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

13, 1 hour sessions TOH \$78/NR \$104  
**March 9-June 1**  
 4227.101 W 6-7pm

## Tae Kwon Do for Little Kids Age 3-6

In this child-friendly class, we teach children the basics of Tae Kwon Do, which includes kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. Each class will have new exercises to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision by Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee.

12, 30 minute sessions TOH \$108/NR \$144  
**March 8-May 24**  
 4227.300 T 4:45-5:15pm  
**March 11-May 27**  
 4227.301 F 6:30-7pm  
**March 12-June 4**  
 4227.302 Sa 1-1:30pm

## Kendo Level 1 Age 13 & up

Kendo, the art of Japanese fencing. Bring the tradition of Kendo training to the modern world. Kendo strives to bring one's mind, body and spirit together as one. Class emphasizes a strong understanding of Kendo basics, including etiquette, foot work and basic strikes.

12, 1 hour sessions TOH \$40/NR \$50  
**March 13-June 12**  
 4227.102 Su 10:30-11:30am

## Kendo Level 2 Age 13 & up

Designed for students who have completed Level 1. This class will expand on knowledge learned during Level 1 and incorporate more advanced techniques and workouts.

12, 1 hour sessions TOH \$40/NR \$50  
**March 13-June 12**  
 4227.104 Su 11:45am-12:45pm

## Kendo Advanced Age 13 & up

Geared towards Kendoka that have completed Kendo I and II, Kendo Advanced teaches techniques for use in shinsa and shia. This class has students of all ages and levels.

*Approval from the Instructor is required; full bogu required for advanced practicing*  
 13, 1.5 hour sessions TOH \$48/NR \$60  
**March 11-June 3**  
 4227.105 F 8:15-9:45pm

## RACQUETBALL LEAGUE

We provide you with a weekly schedule and you arrange a match with your opponent at your mutual convenience. The season consists of 10 games in a 10-week regular season. Playoffs will follow the regular season. Failure to play within the week or report scores is considered a forfeit.

Awards provided to top-two finishers in each division. Court fees are included in registration fee. Players receive a punch card to be used during the season.

TOH \$48/NR \$64  
**Registration deadline: Fri, March 11**  
 First week of play begins Sun, March 20

**Divisions:**  
 4743.101 Beginner  
 4743.102 Intermediate  
 4743.103 Advanced



League director reserves the right to combine divisions if necessary.  
 For more information, please call 703-435-6800, ext. 2109

# GYMNASTICS

## Parent-Child Age 2-3

Parent/child class is an enjoyable physical, mental, and social experience for your toddler up to 3 years of age. This class is a playful parent/tot class centered on age-appropriate movements, songs and activities. The class is set up as part structure and part free time (allowing for imaginary play). Participation will enhance your toddler's body awareness, build on confidence and procedures, and is also a great way for you and your child to meet new friends and stay active.

12, 45 minute sessions TOH \$72/NR \$96

**March 7-June 6**  
4712.400 M 9:30-10:15am

**March 8-June 7**  
4712.401 T 9:30-10:15am

**March 10-June 9**  
4712.403 Th 9:30-10:15am

**March 11-June 10**  
4712.404 F 9:30-10:15am

**March 19-June 11**  
4712.405 Sa 9-9:45am

## Preschool Gymnastics

A well-rounded developmental program especially designed for young children. Children ages 2 to 3 years of age will learn gymnastics and fitness in a fun and safe environment, making it a successful program that achieves perpetual motion and shouts FUN!

Munchkateers program is a coed movement program combining fitness, music activities, elementary gymnastics, rhythm and games. This program will assist in developing your child's flexibility, strength, motor coordination, and following procedures. All classes are structured, and children should be ready for group instruction. Students should wear appropriate gymnastic attire (leotard or tight-fitting clothing). Please no jeans or clothing with snaps, buckles or buttons.

## Munchkateer I Age 3-4

12, 45 minute sessions TOH \$72/NR \$96

**March 7-June 6**  
4712.407 M 10:30-11:15am

**March 8-June 7**  
4712.408 T 10:30-11:15am

**March 9-June 8**  
4712.409 W 12-12:45pm

**March 10-June 9**  
4712.410 Th 10:30-11:15am

**March 11-June 10**  
4722.411 F 10:30-11:15am

**March 19-June 11**  
4712.412 Sa 10-10:45am

## Munchkateer II Age 4-6

12, 45 minute sessions TOH \$72/NR \$96

**March 7-June 6**  
4712.413 M 11:30am-12:15pm

**March 8-June 7**  
4712.414 T 11:30am-12:15pm

**March 9-June 8**  
4712.415 W 1-1:45pm

**March 10-June 9**  
4712.416 Th 11:30am-12:15pm

**March 11-June 10**  
4712.417 Th 12:30-1:15pm

**March 19-June 11**  
4712.418 F 11:30am-12:15pm

**March 19-June 11**  
4712.419 Sa 11-11:45am

## Adapted Gymnastics Kids Only

Age 4-7

Children with disabilities learn basic gymnastics in a safe environment through obstacle-course activities. Participation will enhance movement, balance, coordination, and socialization. Designed with an instructor to participant ratio of 1:3, which provides safe instruction and builds confidence. Program is designed as a child/teacher. (Child must be ready to separate from parent during class). Students should wear appropriate gymnastic attire (leotard or tight-fitting clothing). No jeans or clothing with snaps, buckles or buttons.

12, 30 minute sessions TOH \$36/NR \$48

**March 19-June 11**  
4712.421 Sa 11-11:30am

## Young Beginners Age 4-6

Designed as a transition program to the school-age gymnastics program, class will focus on skill development as opposed to an introductory program. Participant must have attended at least one or more sessions of Munchkateers program or participated in a gymnastic program at another gym. Students should wear appropriate gymnastic attire (leotard or tight-fitting clothing). No jeans or clothing with snaps, buckles or buttons.

12, 45 minute sessions TOH \$72/NR \$96

**March 7-June 6**  
4722.426 M 12:45-1:30pm

4722.427 M 1:45-2:30pm

4722.429 M 2:45-3:30pm

**March 8-June 7**  
4722.428 T 4:15-5pm

**March 9-June 8**  
4722.430 W 3-3:45pm

4722.431 W 4:15-5pm

**March 10-June 9**  
4722.432 Th 4:15-5pm

**March 19-June 11**  
4722.435 Sa 12:15-1pm

## School-Age Gymnastics

The school-age program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. Advancement is based on obtaining the required skill and form. Levels can be repeated, if necessary, to acquire the skills to advance. Instructors reserve the right to suggest appropriate level based on skill reviews to dismiss a student from a class if they are below the skill level necessary to complete the class, or if a child presents a safety concern in the class. Students should wear appropriate gymnastic attire (leotard or tight-fitting clothing). No jeans or clothing with snaps, buckles or buttons.

No classes April 18-23 and  
May 28-30; Saturday classes  
begin March 19

See next page for more  
Gymnastics

# GYMNASTICS/ DANCE



## Gymnastic Levels

**Level One:** No experience necessary. May need to repeat several times before advancing to next level.

**Level Two:** Must have previous experience with level one, which includes ability to execute a cartwheel, squat on vault, pull over and a squat turn on beam.

*Advancement based on form and obtaining the required skill per level*

## Gymnastics for Girls

### Level I Age 5-12

12, 1.5 hour sessions TOH \$108/NR \$144

#### March 7-June 6

4722.433 M 3:30-5pm

#### March 8-June 7

4722.434 T 5-6:30pm

#### March 10-June 9

4722.436 Th 5-6:30pm

12, 1 hour sessions TOH \$72/NR \$96

#### March 19-June 11

4722.437 Sa 12-1pm

### Level II Age 5-12

12, 1.5 hour sessions TOH \$108/NR \$144

#### March 7-June 6

4722.438 M 3:30-5pm

#### March 8-June 7

4722.439 T 5-6:30pm

#### March 10-June 9

4722.441 Th 5-6:30pm

12, 1 hour sessions TOH \$72/NR \$96

#### March 12-June 11

4722.442 Sa 12-1pm

## Gymnastics for Boys

Age 5-12

12, 45 minute sessions TOH \$72/NR \$96

#### March 7-June 6

4722.445 M 2:45-3:30pm

#### March 8-June 7

4722.446 T 4:15-5pm

## Developmental Gymnastics Team

The Developmental class is for students who desire a more disciplined program than our other classes offer. This program is to prepare students for a United States Gymnastic Association (USGA) Level 4 competitive gymnastic program. Classes will meet two times a week and will incorporate a stronger emphasis on strength conditioning, flexibility, form and skill development and improvement. Enrollment in this class is by permission of instructor only. 25, 2 hour sessions TOH \$236/NR \$315

### March 21-June 22

4722.451 M/W 5-7pm

(No classes April 18, 20 and May 30)

## Ballet

Learn the basics of ballet along with beginning theory. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for parents and friends. Ballet slippers required.

### Baby Ballerinas Age 2-3

An exciting dance class for the little ones! This class will teach basic ballet positions. Leotards, tights and ballet slippers are required.

12, 45 minute sessions TOH \$82/NR \$109

#### March 7-May 23

4421.001 M 10-10:45am

#### March 8-May 24

4421.002 W 10-10:45am

#### March 12-June 4

4421.003 Sa 9:30-10:15am

4421.022 Sa 1:30-2:15pm

#### March 12-June 4

4421.004 Sa 4-4:45pm

### Beginner Age 3-5

*No experience needed*

12, 45 minute sessions TOH \$82/NR \$109

#### March 12-June 4

4421.005 Sa 10:15-11am

4421.055 Sa 2:15-3pm

#### March 7-May 23

4421.006 M 10:45-11:30am

#### March 8-May 24

4421.007 T 10-10:45am

### Intermediate Age 3-5

*1 session/9 months experience required*

12, 45 minute sessions TOH \$82/NR \$109

#### March 7-May 23

4421.008 M 11:30am-12:15pm

#### March 8-May 24

4421.009 T 10:45-11:30am

### March 12-June 4

4421.010 Sa 11-11:45am

### Advanced Age 4-6

*1 session/9 months experience required*

12, 45 minute sessions TOH \$82/NR \$109

### March 12-June 4

4421.011 Sa 11:45am-12:30pm

### Ballet Technique Age 6-10

12, 1 hour sessions TOH \$89/NR \$109

### March 7-May 23

4421.038 M 2:30-3:30pm

### Ballet/Tap/Jazz Age 6-10

Learn basic tap, jazz, and beginning ballet technique.

*Ballet and tap shoes required*

### Intermediate Age 7-12

*2 sessions experience needed*

12, 1 hour sessions TOH \$89/NR \$109

### March 12-June 4

4421.012 Sa 3-4pm

### Happy Feet Tap Age 5-8

Learn basic tap technique with inspiration from a popular movie. Choreography to the song, "Dance Like a Penguin: Stomp to the Beat" from the movie "Happy Feet" will be learned and performed at the end of the session.

*No experience needed*

12, 1 hour sessions TOH \$82/NR \$109

### March 8-May 23

4421.013 T 5:30-6:30pm

## Teen Nights

*Middle School Students Only*

Here's your chance for exclusive use of the Teen Center! There will be a DJ, snack bar and room to chill with friends. Held at the Herndon Community Center. This is not a FCPS-sponsored event.

**Fri, March 25 • Fri, April 29**  
**8-10:30pm**

**\$4/advance\* \$5/at door\*\***

\*Tickets will be sold at the Herndon Middle School the Thursday and Friday prior to event.

\*\*Must present school ID or have parent present when purchasing admission at the door.

## Acro/Gymnastic Spring Break Camp

**April 18-22**

More information on page 24.





# DANCE

## Combination Dance

Offering the student experience in tap, ballet and tumbling technique. Tap and Ballet shoes required.

### Beginner Age 3-5

*No experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 7-May 23**

4421.014 M 12:15-1:15pm

**March 8-May 24**

4421.015 T 11:30am-12:30pm

**March 9-May 25**

4421.016 W 11am-12pm

**March 12-June 4**

4421.017 Sa 12:30-1:30pm

### Beginner Age 4-6

*No experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 8-May 24**

4421.018 T 4:30-5:30pm

### Intermediate Age 3-5

*2 sessions experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 7-May 23**

4421.019 M 1:15-2:15pm

### Intermediate/Advanced

12, 1 hour sessions TOH \$82/NR \$109

Age 4-6

**March 8-May 24**

4421.021 T 12:30-1:30pm

### Intermediate/Advanced Age 6-10

12, 1 hour sessions TOH \$82/NR \$109

**March 7-May 23**

4421.020 M 3:30-4:30pm

**March 10-May 26**

4421.039 Th 5:30-6:30pm

## Hip-Hop Dance

Emphasizes energy and incorporates basic jazz steps with a modern style.

*Jazz shoes or Ballet slippers required*

### Beginner

Age 4-6

*No experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 9-May 25**

4421.023 W 4:30-5:30pm

Age 6-10

*No experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 7-May 23**

4421.024 M 4:30-5:30pm

### Beginning/Intermediate Age 4-5

*1 session/6 months experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 10-May 26**

4421.025 Th 4:30-5:30pm

## Adult Dance

### Ballet Technique Age 16 & up

Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged.

Required class attire: leg covering (tights, leggings, or sweat pants), a leotard or close-fitting T-shirt, ballet slippers and hair confined. (All Levels)

12, 1.5 hour sessions TOH \$126/NR \$128

**March 8-May 24**

4421.026 T 6:30-8pm

**March 11-June 3**

4421.027 Th 6:30-8pm

12, 1 hour sessions TOH \$82/NR \$109

**March 11-May 27**

4421.028 F 10-11am

### Salsa Age 16 & up

*No experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 8-May 24**

4421.029 T 8-9pm

### Intermediate Waltz and

### Fox Trot Age 16 & up

The most classic of social dances. Take your dancing to the next level! Taught by dance partners Kacy and Michael Wargo.

*12 weeks experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 9-May 25**

4421.030 W 7-8pm

### West Coast Swing Dance

Age 16 & up

12, 1 hour sessions TOH \$82/NR \$109

**March 9-May 25**

4421.033 W 6-7pm

**No Classes May 28 and 30**

## Home School Classes

Attention all home educators!

Contact us at

[ann.heiser@herndon-va.gov](mailto:ann.heiser@herndon-va.gov)

if you are interested in setting up an education/athletic program that meets your specific needs.

### Dance Survival Age 18 & up

This class will provide you with the survival skills to dance basic steps in a variety of ballroom dances, including waltz, fox-trot, swing, cha cha, rumba and more! No dance experience needed. Dance instruction by dance partners Kacy and Michael Wargo.

12, 1 hour sessions TOH \$82/NR \$109

**March 9-May 25**

4421.032 W 8-9pm

### Dance Exercise Age 16 & up

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout.

*Jazz shoes recommended*

*No experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 9-May 25**

4421.036 W 12-1pm

**March 10-May 26**

4421.037 Th 12:15-1:15pm

4421.031 Th 8-9pm

### Belly Dance Age 16 & up

A fun, low-impact, cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all-over flexibility, proper alignment and great body posture. Participants are asked to wear comfortable clothing, bring a scarf or belt long enough to tie around the hips, and a piece of lightweight fabric measuring 3 yards by 45 inches.

### Belly 1

*No experience needed*

12, 1 hour sessions TOH \$82/NR \$109

**March 7-May 23**

4421.034 M 6-7pm

### Belly 2

*12 weeks of experience required*

12, 1 hour sessions TOH \$82/NR \$109

**March 7-May 23**

4421.035 M 7-8pm

# OUTDOOR TENNIS



**No Classes April 18-22 and  
May 28-30**

Tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories.

Completion of a session does not automatically qualify the student to advance to the next level of classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level.

Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear only.

## Youth Tennis Lessons

### Pee Wee Age 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

8, 30 minute sessions TOH \$47/NR \$63

#### April 12-May 12

4711.506 T/Th 4-4:30pm  
4711.508 T/Th 4:30-5pm

#### May 19-June 14

4711.507 T/Th 4-4:30pm  
4711.509 T/Th 4:30-5pm

### Beginner Age 6-8 (1.0-1.5)

8, 45 minute sessions TOH \$64/NR \$85

#### April 11-May 11

4721.510 M/W 5-5:45pm

#### April 12-May 12

4721.511 T/TH 5-5:45pm

#### April 16-June 11

4721.512 Sa 9-9:45am

#### May 18-June 15

4721.513 M/W 5-5:45pm

#### May 19-June 14

4721.514 T/TH 5-5:45pm

### Beginner Age 9-15 (1.0-1.5)

8, 1 hour sessions TOH \$64/NR \$85

#### April 12-May 12

4731.520 T/Th 6-7pm

#### April 16-June 11

4731.521 Sa 10-11am

#### May 19-June 14

4731.522 T/Th 6-7pm

### Advanced Beginner

Age 6-8 (2.0-2.5)

8, 45 minute sessions

TOH \$64/NR \$85

#### April 12-May 12

4721.515 T/Th 5-5:45pm

#### April 11-May 11

4721.516 M/W 5-5:45pm

#### April 16-June 11

4721.517 Sa 9-9:45am

#### May 19-June 14

4721.518 T/Th 5-5:45pm

#### May 18-June 15

4721.519 M/W 5-5:45pm

### Advanced Beginner

Age 9-15 (2.0-2.5)

8, 1 hour sessions

TOH \$64/NR \$85

#### April 11-May 11

4731.523 M/W 6-7pm

#### April 12-May 12

4731.524 T/Th 7-8pm

#### May 18-June 15

4731.525 M/W 6-7pm

#### May 19-June 14

4731.526 T/Th 7-8pm

### Intermediate Age 9-15 (3.0-3.5)

8, 1 hour sessions

TOH \$64/NR \$85

#### April 11-May 11

4731.527 M/W 7-8pm

#### April 16-June 11

4731.528 Sa 11am-12pm

#### May 18-June 15

4731.529 M/W 7-8pm

### Intermediate & Advanced Drills & Strategy Age 9-15 (3.5-4.5)

8, 1 hour sessions

TOH \$64/NR \$85

#### April 16-June 11

4731.530 Sa 12-1pm

### Herndon Junior Tennis League

Each division will consist of a six-match regular season, plus playoffs, and is singles play only. Games will consist of an eight-game pro set using no-ad scoring. Matches held on Sundays, 2-6pm and Wednesdays, 5-8pm with instruction needed. Play will begin on Sunday, May 1 and run through Wednesday, June 1. The registration deadline is April 21. Players must provide their own balls for the matches. Play times may vary depending on the number of participants.

TOH \$64/NR \$85

Boys Recreational (age 8-12)

4721.541

Girls Recreational (age 8-12)

4721.543

Boys Masters (age 10-14)

4721.542

Girls Masters (age 10-14)

4721.544

### Adult Tennis

**Lessons** Age 16 & up

#### Beginner (1.0-1.5)

8, 1 hour sessions

TOH \$64/NR \$85

#### April 11-May 11

4741.531 M/W 6-7pm

#### April 16-June 11

4741.532 Sa 8-9am

#### May 18-June 15

4741.533 M/W 6-7pm

### Advanced Beginner (2.0-2.5)

8, 1 hour sessions

TOH \$64/NR \$85

#### April 11-May 11

4741.534 M/W 7-8pm

#### April 16-June 11

4741.535 Sa 9-10am

#### May 18-June 15

4741.536 M/W 7-8pm

### Intermediate

#### Drills & Strategy (3.0-3.5)

8, 1 hour sessions

TOH \$64/NR \$85

#### April 11-May 11

4741.537 M/W 8-9pm

#### April 16-June 11

4741.538 Sa 10-11am

#### May 18-June 15

4741.539 M/W 8-9pm

### Doubles Play and Strategy (All levels)

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's, and mixed doubles players are welcome.

8, 1 hour sessions

TOH \$64/NR \$85

#### April 11-May 11

4741.540 M/W 10-11am

#### May 18-June 15

4741.541 M/W 10-11am

### Fit & Over 50

**Tennis** Age 50 & up (All levels)

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour sessions

TOH \$64/NR \$85

#### April 11-May 11

4751.542 M/W 9-10am

#### May 18-June 15

4751.543 M/W 9-10am

**See the Tennis Spring Break  
Camps on page 24.**



# SPECIAL EVENTS

## NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

### 1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

### 2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

### 3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

### 4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

## Inclement Weather Policy

Decision on outdoor tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Classes are made up as the calendar and court availability allows. Make-up lessons will not necessarily be on your regularly scheduled lesson days. For cancellations, please call the HCC Weather Line at **703-435-6866**.

## Herndon Towne Square Singers

### "Fascinating Rhythm"

Join the Herndon Towne Square Singers in a musical celebration that will explore the many ways that rhythm permeates our lives. Your toes will be tapping and you may even dance in your seats, as you experience a fascinating variety of music and rhythmic patterns.

#### April 29

4421.060 F 7:30pm

#### April 30

4421.061 Sa 7:30pm

#### May 1

4421.062 Su 2pm

Performances held at the Elden Street Players' Industrial Strength Theatre, located at 269 Sunset Park Drive, Herndon.

Tickets \$12, available at the Herndon Community Center or by calling **703-787-7300**.

## 7th Annual Kids Trout

### Fishing Derby

Age 2-15

### March 19

We have the perfect opportunity to introduce your kids to fishing. All the necessary equipment will be provided to make your day successful! In addition, Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Please wear shoes you don't mind getting wet or muddy, no sandals. All kids **MUST** be accompanied by an adult.

Event meets behind the Herndon Police Station on the Sugarland Run Trail.

#### Teens and adults age 16 & up

1, 5 hour session TOH \$5/NR \$7  
4360.601 Sa 7am-12pm

## 2<sup>nd</sup> ANNUAL AQUA EGG HUNT

Saturday, April 16

### Herndon Community Center Pool

Join us for our Aqua Egg Hunt where children will collect as many floating and sinking eggs as possible in the time allowed. Everyone will receive a prize. A special prize will be awarded to whomever collects the most eggs in each group. Please be aware of the group selected when registering and arrive early to sign in and receive your mesh bag. After your hunt, stay for an open swim. Swim attire is required. No mesh shorts are allowed in the pool. Children 6 years & under must be accompanied by a parent in the water.

This event is popular, so it is highly recommended that you preregister. Each group is limited to 30 children. \$10 fee includes one parent and one child.

#### Age 6 & under

(training pool and 3 1/2 foot area)

4569.605 1:30pm

4569.606 1:50pm

#### Age 7-8 (entire pool)

4569.607 2:10pm

4569.608 2:30pm

#### Age 9-10 (entire pool)

4569.609 2:50pm

#### Age 11-12 (entire pool)

4569.610 3:10pm



## EASTER EGG HUNT

Rain or Shine

**New Location -**  
Herndon Municipal Center,  
777 Lynn Street

**Saturday, April 23 10:30am-12:30pm**

A tisket a tasket, be sure to bring your basket for collecting eggs and other spring goodies at our old fashioned Easter celebration. Join the Easter Bunny and his helpers for an eggstraspecial event. Hands-on art projects, baby animal petting zoo, and egg hunts by age.

**On-Site Registration:** 9:30-10:30am.  
Advanced registration \$7, on-site \$9.

#### INDIVIDUAL EGG HUNTS

**Egg Hunt: Walking-3**

4561.601 11am

**Egg Hunt: Age 4-5**

4561.602 11:30am

**Egg Hunt: Age 6-7**

4561.603 12pm





# SPRING BREAK CAMPS



## Traveling Teens Age 12-17

Do not let your spring break go to waste—experience a new adventure each day! Camp requires independence, responsibility and good judgment from participants. Personal items and care are the responsibility of the participant. Cost includes supervision, van transportation, and admissions. Bring a sack lunch, bathing suit and towel each day.

### Paint Ball

1, 9.5 hour session TOH \$64/NR \$64

**April 18**

4839.101 M 8am-5:30pm

### Bowling

1, 9.5 hour session TOH \$29/NR \$29

**April 19**

4839.201 T 8am-5:30pm

### Ice Skating

1, 9.5 hour session TOH \$29/NR \$29

**April 20**

4839.401 W 8am-5:30pm

### Laser Tag

1, 9.5 hour session TOH \$35/NR \$35

**April 21**

4839.301 Th 8am-5:30pm

### Ajax Arcade

1, 9.5 hour session TOH \$29/NR \$29

**April 22**

4839.501 F 8am-5:30pm

## Spring Break Camp Age 6-12

Just what a parent needs for when school is out for spring break! Everyone will experience crafts, sports, games and indoor swimming. Please wear appropriate clothing for these activities, and bring a full lunch with snack each day. Receive schedule for the week on the first day.

5, 10.5 hour sessions TOH \$86/NR \$114

**April 18-22**

4121.001 M-F 7:30am-6pm

## Fishing Camp Age 9-14

Spring is generally the best time to get out on the water. The shad are running up the rivers and big bass are putting on weight for the spawn. Virginia Fishing Adventures will take you for a day of fishing in a private freshwater pond for bass, sunfish, crappie, and catfish. All equipment will be provided and no fishing experience is necessary. For more information on Virginia

Fishing Adventures, visit [www.virginiafishingadventures.com](http://www.virginiafishingadventures.com). Meet at HCC parking lot.

1, 6 hour session TOH \$65/NR \$81

**April 18**

4121.002 M 9am-3pm

## Acro/Gymnastic Camp Age 5-12

This camp combines jazz, hip-hop and tumbling choreographed together to upbeat music. Students will learn a routine that will be presented to the parents on the last day of class.

Activities include dancing, gymnastics, crafts, swimming and games. Come join the fun and stay fit this spring.

Campers should bring snack, lunch and bathing suit.

5, 6 hour sessions TOH \$135/NR \$180

**April 18-22**

4722.447 M-F 9am-3pm

## Tennis Camp Age 9-12

A great way for kids to spend their break outdoors—learning tennis and having fun. The camp will feature on- and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are also included. The camp includes a daily swim—participants must bring a bathing suit and towel every day. Students must provide their own racquet and a new can of balls. In case of inclement weather during the session, other sport activities (such as racquetball, wallyball, and table tennis) may be substituted.

4, 3 hour sessions TOH \$65/NR \$86

**April 18-21**

4721.911 M-Th 8:30-11:30am

4721.912 M-Th 12:30-3:30pm

**April 25-28**

4721.913 M-Th 8:30-11:30am

4721.914 M-Th 12:30-3:30pm

## Coed Basketball Camp Age 7-13

Whether you're new to the game or simply looking to improve your skills, this is the perfect program for you. Emphasis will be placed on basic fundamentals, including shooting, passing, rebounding and defense. Develop the ability to work as a team and exhibit good sportsmanship. Instruction provided by Amazing Athletes. Meet at outdoor basketball courts behind HCC.

4, 1.5 hour sessions

TOH \$48/NR \$64

**April 18-21**

Age 7-9

4901.106 M-Th 10-11:30am

Age 10-13

4901.107 M-Th 11:45am-1:15pm

## Flag Football Fundamentals

Is your child not interested or not quite ready for tackle football? This program is designed to teach you fundamentals of football in a fun, minimally competitive and safe environment. If your child is interested in playing tackle football in the near future, this class will prepare them for the game. Instruction provided by Amazing Athletes. Meet at Bready Park soccer field next to HCC.

4, 1 hour sessions TOH \$36/NR \$48

**April 18-21**

Age 5-6

4901.108 M-Th 1:30-2:30pm

Age 7-8

4901.109 M-Th 2:45-3:45pm

## Multi-Sports

Amazing Athletes provides a unique, tried and proven, fun-filled sports program that incorporates physical fitness, muscle tone, and gross motor skills while learning and playing in the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf and lacrosse. A fun and positive learning experience that will help your child develop the basic fundamentals of sports, as well as instilling self-confidence, good sportsmanship and team pride. This is what makes the Amazing Athletes program unique from all other extracurricular activities! Meet at Bready Park soccer field next to HCC.

Age 2.5-3

4, 30 minute sessions TOH \$24/NR \$32

**April 18-21**

4901.103 M-Th 8:30-9am

Age 4-6

4, 45 minute sessions TOH \$36/NR \$48

**April 18-21**

4901.104 M-Th 9:05-9:50am

## Fit Kids

Fit Kids is not the physical education class you remember from elementary school! This is children's physical fitness and tumbling designed to work on your child's motor skills, flexibility and strength. It will develop good hand-eye coordination by participating in relays, balance games, tumbling, jumping and obstacle courses. Music and creative movement added to exercise makes exercise playful and fun.

Age 3-4

12, 45 minute sessions TOH \$72/NR \$96

**March 7-May 23**

4724.101 M 1-1:45pm

Age 4-7

12, 45 minute sessions TOH \$72/NR \$96

**March 9-May 25**

4724.100 W 4-4:45pm

## Kiddie Play Zone Age walking-5

Bring your toddler and enjoy open play, tumbling on the mats, and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym.

1, 1 hour session TOH \$5/NR \$5

Spring Season Pass-\$45

**March 9-June 8**

4610.101 W 10:30-11:30am

**No Class April 20.**

## Extreme Kiddie Play Zone

Age 2-6

The Town of Herndon invites young children to roll around the Skate Park, located at Trailside Park, 1022 Crestview Drive, for a morning of endless motion. Preschoolers may be allowed to play on the skate park with scooters, Big Wheels, and just about anything else that can roll. Parents must stay at the park and supervise their children. Helmets are mandatory to participate. Other safety gear such as elbow pads, knee pads, and wrist guards are recommended. Register on-site. Payment will be accepted at the park. Rain date of Saturday, May 21.

1, 2 hour session TOH \$5/NR \$5

**May 14**

4610.102 Sa 10am-12pm

## Kid's Night Out Age 5-11

This program offers an opportunity for parents to enjoy a night out while their children participate in gym games, arts and crafts, movies, and much more. Cheese pizza will be served at 7pm, and a movie will be shown at 8pm. This is not a drop-in program.

*You must preregister to participate*

1, 3.5 hour session

TOH \$13/NR \$13

**March 4**

4629.501 F 6:30-10pm

**April 1**

4629.502 F 6:30-10pm

**May 6**

4629.503 F 6:30-10pm

**June 10**

4629.504 F 6:30-10pm

## HappyFeet Soccer Age 2-5

It's storytime with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development.

Kid-friendly curriculum is used to ensure kids are having an absolute blast while developing essential physical skills. HappyFeet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness. Program is held indoors at HCC.

8, 30 minute sessions TOH \$45/NR \$60

Age 2-3

**March 19-May 7**

4724.102 Sa 9-9:30am

4724.103 Sa 9:30-10am

4724.104 Sa 10-10:30am

Age 4-5

**March 19-May 7**

4724.105 Sa 10:30-11am

4724.106 Sa 11-11:30am

4724.107 Sa 11:30am-12pm

## Nova Legends Soccer

**Training Age 6-10**

Want to improve your dribbling and scoring goals? Legends classes focus on the development of a child's individual skills, and on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve their quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Program is held indoors at HCC.

8, 45 minute sessions TOH \$68/NR \$90

**March 19-May 7**

4724.108 Sa 1:45-2:30pm

4724.109 Sa 2:30-3:15pm

## Intro to Skateboarding Clinics

In the event of inclement weather, call the department's inclement weather line at **703-435-6866**. Instruction provided by American Inline. All skateboard programs meet at Trailside Park, 1022 Crestview Drive.

Participants must bring skateboard, helmet, knee and elbow pads. Wrist guards are recommended. Please arrive 15-20 minutes prior to start time.

# JUST FOR KIDS

Calling all first-time skateboarders! Safety is the main focus of this class, with an emphasis on how to properly wear protective gear (helmet, elbow and knee pads and wrist guards), proper foot placement, how to avoid falling down, how to safely fall if you do, how to push, carve, turn and stop.

1, 1 hour session TOH \$15/NR \$15

Age 5-6

**April 6**

4720.301 W 4:30-5:30pm

Age 6-8

**April 6**

4720.302 W 6-7pm

Age 6-8

**April 7**

4720.303 Th 4:30-5:30pm

Age 9-12

**April 7**

4720.304 Th 6-7pm

## Skateboarding Level 1

Do you want to increase your confidence and skateboarding skills? You will be introduced to the fundamentals of street and ramp skating. Learn pushing, tacking, riding regular, fakie, rock to fakie, switch turns, ollie, dropping in on ramps, skate park etiquette and riding within one's ability. Instructor(s) will work with various beginner levels.

5, 1 hour sessions TOH \$50/NR \$67

Age 6-8

**May 3-31**

4720.305 T 5:30-6:30pm

Age 9-12

**May 6-June 3**

4720.306 F 5:30-6:30pm

## Girls Learn to Ride Age 9-12

Girls Rule! Here's an opportunity for you to learn to skateboard, or improve your confidence and skills. We take the friendly approach in an environment suited just for you! Learn to push, ride, tack turn, approach ramps safely, switch turn, ride fakie, rock to fakie and drop in. Emphasis is on skateboard safety, perseverance and building confidence. Register with a friend and double your fun. Instructor(s) will work with various beginner levels.

5, 1 hour sessions TOH \$50/NR \$67

**May 4-June 1**

4641.004 W 5:30-6:30pm

# SPECIAL INTEREST



## Group Acoustic Guitar

This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger-picking patterns and the structure of songs. Students must provide their own instrument; classical or acoustic guitars only.

### Youth Beginner 1 Age 7-11

*No experience necessary*

12, 55 minute sessions TOH \$120/NR \$160

**March 7-May 23**

4421.047 M 4-4:55pm

### Youth Guitar 2 Age 7-11

*8 weeks experience or instructor's approval*

12, 55 minute sessions TOH \$120/NR \$160

**March 7-May 23**

4421.048 M 5-5:55pm

### Teen Guitar 1 Age 13-15

*No experience necessary*

12, 55 minute sessions TOH \$120/NR \$160

**March 7-May 23**

4421.050 M 6-6:55pm

### Adult Beginner Age 16 & up

*No experience necessary*

12, 55 minute sessions TOH \$120/NR \$160

**March 7-May 23**

4421.051 M 7-7:55pm

### Private Guitar

#### Lessons Age 7 & up **NOL**

Private instruction will proceed at the student's pace. If you are interested, call our office at **703-435-6800 x2120** and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.

12, 40 minute sessions TOH \$216/NR \$288

4421.053



## Chess

Has your child shown an interest in chess? Chess is growing in popularity, and everyone should know how to play. With Seymour Samet's instruction, the game will help develop critical thinking skills, concentration and basic strategy. Chess sets will be provided.

### Beginner Age 8-12

Student will learn the following: the parts of the board; how the chessmen move and capture; rules of castling; the starting position; difference between check, checkmate and stalemate; the elementary checkmates; and how to keep score.

8, 1.25 hour sessions TOH \$65/NR \$81

**March 12-May 7**

4645.010 Sa 10:30-11:45am

### Intermediate Age 8-12

Student will learn the values of the chessmen; tactics of chess, including pins, forks, skewers, discovered attack, discovered check and double check; guidelines to opening play; fool's mate and scholar's mate.

8, 1.25 hour sessions TOH \$65/NR \$81

**March 12-May 7**

4645.011 Sa 12-1:15pm

### Intro to Digital

#### Photography Age 16 & up

Thinking about buying a digital camera or had one for some time? Come learn how to get the most from your camera. Learn what all the dials, buttons, switches and menu items do for you. Find out how to optimize your photographs and archive them for storage and display, and in addition, how to integrate your photos into e-mail, web pages and digital files.

8, 1.5 hour sessions TOH \$70/NR \$88

**March 16-May 11**

4641.004 W 7-8:30pm

## Table Tennis

This beginner's class will focus on hand-eye coordination, and an introduction of ping-pong grips (handshake), ready position and basic strokes will be taught. Basic strokes taught are: forehand counter hit, backhand counter hit, forehand push, and backhand push. A ping-pong ball machine will be used to reinforce the correct stroke. No class April 23.

8, 1 hour sessions

TOH \$64/NR \$85

**March 12-May 7**

### Adult Beginner Age 18 & up

4747.001 Sa 10-11am

### Ping-Pong Panda Age 6-13

4747.002 Sa 11am-12pm

## Adult Cooking Age 16 & up

### Fish Three Ways

Fish is the perfect fast food for busy weeknights. Learn to make three healthy, quick and delicious dishes.

1, 1 hour session

TOH \$30/NR \$30

**March 10**

4645.015 Th 6:30-7:30pm

### Salad for Dinner

We'll make two protein-packed salads: Chesapeake chicken pasta salad and tuna nicoise.

1, 1 hour session

TOH \$30/NR \$30

**March 24**

4645.016 Th 6:30-7:30pm

## Adult/Child Cooking

### Age 6 & up

#### Three Easy Entrees

Cooking with your kids is not just fun, it is good for you. We'll make turkey tenders, pizza burgers and fruit salad.

1, 1 hour session

TOH \$30/NR \$30

**April 8**

4121.015 F 6:30-7:30pm

**NOL** Indicates no online registration



## Wire Crochet

### Necklace Age 15 & up

You will be introduced to wire crochet by using fine-gauge wire and beads of your choice to create a stunning necklace. Purchase supplies from instructor for \$10-15.

1, 2.5 hour session TOH \$25/NR \$25

#### April 7

4141.013 Th 6:30-9pm

#### April 14

4141.014 Th 6:30-9pm

## Pearl Knotting Age 15 & up

Make a necklace or bracelet with pearls or semiprecious beads of your choice. Purchase supplies from instructor for \$10-15.

1, 2.5 hour session TOH \$25/NR \$25

#### March 10

4141.015 Th 6:30-9pm

## Viking Knit Bracelet Age 15 & up

Come to this fun and exciting class to learn the oldest technique of knitting and weaving with fine wire to make a beautiful bracelet. No prior experience needed. All tools and supplies provided in class.

1, 3 hour session TOH \$30/NR \$30

#### May 12

4141.018 Th 6:30-9:30pm

## ABC's of Beading Age 15 & up

Great for beginners or anyone who wants to learn the correct way to string and finish a beading project. Students will be introduced to a variety of supplies which can be used for beading, and be able to design and finish a necklace or bracelet during class. Purchase supplies from instructor for \$10-15.

1, 2.5 hour session TOH \$25/NR \$25

#### March 17

4141.016 Th 6:30-9pm

#### March 24

4141.017 Th 6:30-9pm

## Pottery

### Hand-Built Pottery

Students of all skill levels will explore hand building techniques, including pinch coil and slab methods. Using a variety of unique tools, students will create an array of projects and learn glazing techniques. Some examples are trays, vases and birdhouses.

8, 2.5 hour sessions TOH \$141/NR \$188

#### March 10-May 5 (No class April 21st.)

4141.020 Th 10am-12:30pm

## Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel including wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Please bring a towel to class. Use of tools and 25 lbs of clay included; additional clay may be purchased. No class April 18th.

8, 2.5 hour sessions TOH \$141/NR \$188

#### March 14-May 9

4141.001 M 6:30-9pm

## Beginning II and

### Intermediate Wheel Age 16 & up

For students with some previous wheel experience. This class will focus on perfecting throwing skills using larger amounts of clay to create both decorative and composition forms, such as vases, bottles, teapots, casserole dishes and covered jars. Please bring a towel to class. Use of tools and 25 lbs of clay included; additional clay may be purchased.

8, 2.5 hour sessions TOH \$141/NR \$188

#### March 17-May 5

4141.002 W 6:30-9pm

## Pottery Lab

Pottery Lab is available to students enrolled in our pottery classes. Learning to use the potter's wheel takes patience, focus and practice—this is a great opportunity to work on your own with someone here to help you as needed. Purchase clay for an additional fee. Pay weekly or purchase a pass for the semester.

\$8 each night or \$45 for pass

#### March 18-June 10

4141.003 F 6-9pm

## Paint Your Own Pottery with Clay Café Studios Age 4-10

Great way to make a gift. All items are food safe, and finished items will be returned one week later. All paints, materials, supplies, and instructions will be provided. Finished items will be

ready for pickup at HCC the following week. Additional materials fee of \$5 payable to the instructor at class.

1, 45 minute session TOH \$10/NR \$10

## Paint a Rainbow Mug

#### March 23

4121.003 W 5:45-6:30pm

## Paint an Animal Friend

#### April 13

4121.004 W 5:45-6:30pm

## Paint a Mother's Day Bud Vase

#### April 30

4121.006 Sa 11-11:45am

## Paint a Father's Day Mug

#### June 8

4121.007 W 5:45-6:30pm

## Lassie Corbett's Art Classes

Senior Discounts are not applicable to LC classes. Classes at HCC.

For a list of art supplies needed for Lassie's classes only, visit [www.lassiecorbettart.com](http://www.lassiecorbettart.com)

## Exploration in

### Mixed Media Age 12 & up

Enjoy exploring the delights of working with acrylics and watercolor paints combined with beautiful colored papers, designs, stamping and a variety of working styles. Each week, we will explore working in mixed media in a different way, working with texture with tissue papers or gel medium, and a variety of materials found in the home.

7, 2.5 hour sessions TOH \$121/NR \$161

#### May 3-June 14

4141.009 T 7-9:30pm

## Beginning Chinese

### Brush Painting Adult

Basic brush strokes, which are useful to know in any medium, will be covered while learning to paint the chrysanthemum, bamboo, plum blossom and Chinese orchids.

6, 2 hour sessions TOH \$90/NR \$120

#### May 5-June 9

4141.014 Th 1-3pm

# ARTS & CRAFTS/ NATURE

## Beginning and Intermediate Watercolor Adult

The class will explore spring landscapes, a still life and spring flowers. There will be frequent demonstrations of painting techniques, color theory and composition. This semester, we will begin constructive critiques.

6, 2 hour sessions TOH \$90/NR \$120

**May 3-June 7**

4141.012 T 1-3pm

**May 5-June 9**

4141.013 Th 7:30-9:30pm

## Drawing and Watercolor

Age 10-18

Especially designed for young people who would like to begin working with paints. They will have a supply list and will need to bring their supplies the first day, ready to begin painting.

Drawing skills and techniques in using watercolor in a variety of ways will be covered.

7, 1.5 hour sessions TOH \$89/NR \$119

**May 3-June 14**

4141.011 T 4-5:30pm

## Fun with Art Age 6-9

Children will work with drawing and painting small watercolor paintings. We will learn about different artists and painting styles, and experiment with some of the learned ideas.

6, 1 hour sessions TOH \$72/NR \$96

**May 5-June 9**

4141.015 Th 4:30-5:30pm

## Art a la Cart Age 3-4

Instructor Julie Brunson brings out the creativity in your child with this fun and motivating art class. Explore a palette of projects that include paint, crayons, markers, collage, recycled materials and more. Please have an adult with your child.

5, 1 hour sessions TOH \$56/NR \$75

**March 14-April 11**

4121.010 M 3-4pm

**April 25-May 23**

4121.013 M 3-4pm

## Landscape Workshop

Age 18 & up

Enhance your yard or space with tips and advice from the Town Forester, John Dudzinsky. Learn how to choose the right tree for the right place, how to plant a tree, and other landscape tips. A planting demonstration will be done outside. Dress appropriately.

Held at HCC.

1, 2 hour session

TOH \$5/NR \$5

**March 5**

4360.610 Sa 9-11am

## Art In Hand® 18 months-5 years

Creativity will blossom this spring! Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting, or mixed media construction with natural and found objects. Art therapist Julie Liddle's distinctive approach will stimulate the senses, spark imaginations, and support emerging language, social, and problem-solving skills. Most of all, Art In Hand classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home! For more information, visit [www.artinhand.org](http://www.artinhand.org).

*Child must be accompanied by parent or caregiver*

6, 45 minute sessions TOH \$115/NR \$153

Age 18 months-3

**March 11-April 15**

4121.014 F 10:15-11am

4121.015 F 11:15am-12pm

**March 29-June 10, no class June 3**

4121.016 F 10:15am-11am

4121.017 F 11:15am-12pm

Age 3-5

**March 11-April 15**

4121.020 F 12:30-1:15pm

**March 29-June 10, no class June 3**

4121.021 F 12:30-1:15pm

## Ukrainian Easter Eggs

Age 12 & up

This is your opportunity to make a traditional Ukrainian Easter egg, also known as Pysanky. Learn the history, legends and beliefs centered around these beautiful eggs as you create your own work of art.

3, 2 hour sessions TOH \$29/NR \$38

**April 18, 20, 22**

4121.025 M/W/F 6-8pm

## 7th Annual Kids Trout Fishing Derby

Age 2-15

Great family fishing event

Saturday, March 19

7am-12pm

For more information, see Special Events Page.



## Little Nature Inspector Age 4-6

A hands-on approach to teaching environmental education to young children. Each class includes child-safe experiments and plenty of "take homes" to reinforce each lesson. Designed to increase children's imagination, curiosity, and exposure to our natural world and our web of life. Meet at Runnymede Park.

3, 1 hour sessions TOH \$44/NR \$44

## Birds, Mammals and Fish

**April 6, 13, 20**

4361.001 W 4-5pm

## April Showers, May Flowers and June Bugs

**May 4, 11, 18**

4361.002 W 4-5pm

## Meet the Beetles Age 6-9

Beetles are the most diverse group of animals, making up 20% of all animals on Earth. Discover what makes beetles unique among insects, observe some awesome specimens and create a beetle project to take home. Meet at Runnymede Park

1, 2 hour session TOH \$8/NR \$8

**May 7**

4360.603 Sa 10am-12pm

## Life Under A Rotting Log

Age 6-11

A fun-filled investigation of rotting log, and the diverse life that lives in, on and under it, and its beneficial role in nature. Come prepared to get dirty. Meet at Runnymede Park

1, 1.5 hour session TOH \$8/NR \$8

**May 22**

4360.604 Su 10-11:30am

## Herndon Parks

### Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

### Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Oct.-May, soccer field and a play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

### Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served.

### Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a softball field and a fenced dog park.

### Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a baseball/T-ball field, walking areas, and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, as well as playground equipment for ages 5-12, and a tot lot.

### Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and volleyball courts, and a play area.

### Harding Park

Corner of Jefferson and Van Buren streets. This neighborhood area features a children's play area, park benches and an open play space.

### Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicapped-accessible trail. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember all pets must remain on the leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled by calling 703-435-6800 x2134 or the Town Community Forester at 703-435-6800 x2014.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call 703-435-6800 x2014.

### Spring Street Park

Corner of Spring and Van Buren streets. This passive area has a walking path and park benches.

### Stanton Park

Located on Third and Monroe streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served.

### Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a play apparatus, a sand volleyball court and an open play area. Shelter is available for reservations.

Visit [www.herndon-va.gov](http://www.herndon-va.gov) for a map of parks.

## Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering. Call 703-787-7300 for more information.

### Trailside/Runnymede Park parties up to 70:

#### Town of Herndon Resident:

Civic Group - \$40 Private - \$50

#### Non-Resident:

Civic Group - \$60 Private - \$75  
\$20 nonrefundable deposit

### Bready Park parties up to 140:

#### Town of Herndon Resident:

Civic Group - \$75 Private - \$100

#### Non-Resident:

Civic Group - \$120 Private - \$150  
\$35 nonrefundable deposit

- Parks are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.

The cost of electricity is an additional \$10 per rental. (Runnymede does not have electricity.)

**23<sup>rd</sup> Annual  
Sugarland Run &  
Runnymede Park**

**Saturday, April 9**  
(Rain date: April 16)  
**8am-12pm**

Sponsored by:  
The Friends of Runnymede Park and  
the Town of Herndon Departments of  
Community Development and  
Parks and Recreation.

In addition, there will be a tree  
planting to celebrate Arbor Day.  
Choose between stream  
clean-up or native plant garden assignments.  
Meet at main entrance at Runnymede Park.  
Bring work gloves and wear suitable clothing.  
To volunteer individually or as a group, contact  
the Town Forester at 703-435-6800 x2014.

CLEAN UP DAY



## Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Full with service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge
After class/program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Lesser of 25% of original fee or prorated sessions remaining
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge
<ol style="list-style-type: none"> <li>1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.</li> <li>2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.</li> <li>3. All refunds are made by credit card or Town check depending on initial method of payment.</li> <li>4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.</li> <li>5. No refunds or credit on account are given to those who have insufficient fund balances.</li> <li>6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.</li> <li>7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.</li> </ol>		

## Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the mid-point of the class, and at 75% of the full class fee after the halfway point. Participant must register

in person once approval is obtained. \* icon denotes programs where this opportunity applies.

## Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

## What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.
- Non-Town of Herndon residents (NR) are people living outside the town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

## How do I know if I live in the town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, please call us at **703-787-7300** or go to: [www.herndon-va.gov](http://www.herndon-va.gov), which leads to the town's Web page. Click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

## Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on February 22.

## Forms & Fees

Use one form for each household. Checks should be made payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

## How Registration Works

Town of Herndon residents receive priority in the registration process. Open registration by any of our five convenient

registration methods will begin for TOH residents at 10am on Wednesday, February 16. Open registration for Non-TOH residents will begin at 10am on Tuesday, February 22.

## Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

## Attention Seniors!

Senior adults, age 65 and over by Dec. 31, 2010, receive a 50% discount on classes, except where noted.

## Class Cancellations

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

## Registration Options

Open registration dates apply to ALL registration options—10am on February 16 for TOH residents, and 10am on February 22 for Non-TOH residents. Registration options are listed in order for the best advantage.

Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at [www.herndon-va.gov](http://www.herndon-va.gov). Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOL** is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, February 16 for TOH residents; and 10am, February 22 for nonresidents. Walk in to the reception desk at the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652**. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.

**NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the town of Herndon.



# Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, February 16** at 10am at the HCC.  
Registration for Non-Town of Herndon Residents begins on **Tuesday, February 22** at 10am at the HCC.

PHONE: 703-787-7300

FAX: 703-318-8652

## Spring 2011 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

WORK PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

HOME PHONE \_\_\_\_\_

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TOH = people who live in the Town of Herndon limits  
NR = people living outside the Town of Herndon limits

Proof of residency may be required.

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1/99	M/F <input checked="" type="radio"/>	0000.000	Level 4	\$68	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



MAIL TO:

Herndon Parks and Recreation  
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

OFFICE USE - Processed by: \_\_\_\_\_

Payment Method C CK CC LC

AP# \_\_\_\_\_ Date Paid \_\_\_\_\_

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

PRINT NAME OF CARD HOLDER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN \_\_\_\_\_

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN \_\_\_\_\_





**Town of Herndon  
Parks and Recreation**  
P.O. Box 427  
Herndon, VA 20172  
[www.herndon-va.gov](http://www.herndon-va.gov)

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## **31st Annual Herndon Festival** **Historic Downtown Herndon** *June 2-5, 2011*

- Three Stages of Entertainment
- Arts & Crafts Vendors
- Fireworks - Thurs. & Sat.
- Childrens Hands-On Art Area
- 10K/5K Race & Fitness Expo
- K-9 2K & Doggie Expo
- Carnival
- Food Vendors
- Business Expo



### **Herndon Festival 10K & 5K RACE**

**Sunday, June 5**

Start training for the June 5 races. Both races will take you through historic downtown Herndon during Herndon Festival weekend. Awards are presented to the top two finishers in each age group from 10 & under to 70 & over. Refreshments for runners will be provided at the conclusion of the race. Please call **703-435-6800 x 2109** to be placed on the mailing list or for more information. Online registration available at [www.active.com](http://www.active.com).

**703-787-7300 • [www.herndonfestival.net](http://www.herndonfestival.net)**  
*Produced by Herndon Parks & Recreation Department*



## **Skateboard Programs**

Register now for skateboard programs on page 25.  
Chose from one day Clinics, a Beginner Program  
or a program Just for Girls.

